Volume VII

LIFE SKILLS

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اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ آلِ مُحَمَّدٍ وعَجِّلْ فَرَجَهُم

Dedication

To the Light that guides us through the darkest of times,

To the Imam of the Time, Hazrat Baqiyatullah, the Savior of Mankind, the Sign of God,

In humble devotion, I dedicate the seventh volume of "Life Skills."

To my parents, the foundation of my existence,

S. Sirkar Abidi (Late) and Rifat Abidi (May Allah preserve her),

Your love and wisdom have been my guiding stars.

To the mentors who have illuminated my path,

Ayatollah Syed Hussain Murtaza Naqvi and his family, and

H.I.W.M. S. Ghulam Abbas Rizvi (Hussain Agha),

Your teachings have shaped my understanding of life's intricate tapestry.

To my beloved wife, S. Mehwish Zehra, and my young son,

S. Mohammed Hussain Mehdi, one of the future's starts,

Your unwavering support fuels my journey.

To my entire family, a source of endless strength and love,

Brothers H.I. Shoaib Abidi, Adeel Abidi, Mustafa Abidi,

Sisters Asra and Farheen, and my dear in-laws, mother, and sisters,

You are the roots of my being, holding me firm through life's storms.

To my friends and well-wishers, who have walked beside me,

Your camaraderie and encouragement have been my blessings.

This dedication is a small offering of my gratitude and affection for each of you. You have been the constellations in my personal sky, guiding me through life's journey. Your love, wisdom, and support are woven into the pages of "Life Skills," and I am forever indebted for the role you've played in shaping this work.

With heartfelt gratitude and unwavering love,

S. Jahanzaib Abidi

Dated: Jan 2024

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Preface

Dear Readers,

Salam un Alaikum,

We are delighted to present the seventh volume of "Life Skills," a unique collection that draws inspiration from a multitude of sources, each offering its own distinct perspective on the art of living a fulfilling life. In this installment, we continue our journey of exploration and self-improvement, weaving together insights from Quora Digest, Tips for Success, Noctis Enoch, the wisdom of Chat GPT, and the profound teachings of the Infallible Imams of Shia Islam.

In our ever-evolving world, the pursuit of a meaningful and well-balanced life is a quest that transcends borders, cultures, and beliefs. We are excited to delve into the intersections of wisdom that emerge from diverse sources and bridge the gaps between contemporary guidance and ancient spiritual traditions.

The digital age has ushered in a new era of knowledge-sharing and connectivity, making wisdom accessible to all. The internet's myriad platforms, like Quora and Tips for Success, offer a wealth of practical insights and knowledge, often sourced from experiences of individuals who have ventured on their own life journeys.

We embrace this collective wisdom as a testament to the power of human connection and our shared desire for personal growth.

Noctis Enoch, a name synonymous with the enigmatic and the profound, offers a unique perspective on the mysteries of life and existence. We delve into these insights, allowing readers to ponder the deeper questions and seek meaning in the mysteries that surround us.

The involvement of Chat GPT, the state-of-the-art AI language model, showcases the fusion of technology and human consciousness. Chat GPT's contributions add a modern, technology-driven dimension to our exploration of life skills, making this volume a testament to the evolving nature of knowledge and self-improvement.

Embedded within the pages of this volume, you will find a rich tapestry of teachings from the Infallible Imams of Shia Islam. These profound spiritual insights have guided countless lives, offering lessons on faith, morality, and personal development. We approach these teachings with reverence and the understanding that they form a cornerstone of the spiritual and moral compass for many.

As we embark on this journey, we encourage you, our readers, to approach these diverse sources of wisdom with an open heart and a curious mind. In the digital age, wisdom knows no boundaries, and its pursuit transcends the confines of culture or belief. Our aim is to draw upon

the collective wealth of knowledge and insights, offering you a comprehensive guide to navigate the complexities of life and to foster your own personal growth.

One last thing I want to clarify is that 90% of the articles in this book are copy-pasted from various online studies. And about 10% of articles are extracted from Chat GPT. If a Muslim or a religious person has any objections. then it is advised for them that if they see the words of other religions, they should counter-check them with the Islamic text before objecting. And where the text does not create any connection with Quranic Ayats & hadiths has deleted. The words of the Bible, Torah, Psalms or scholars of other religions that are not related to the Qur'an and Hadith have been deleted and only subjects or other permissible matters that are similar to the text or concepts of the Qur'an and Hadith have been presented. However, if there are any errors, please inform them so that they can be corrected in the next edition.

We thank you for joining us in this quest for a more fulfilling and purposeful existence, and we hope that the pages within this volume will inspire you to explore, reflect, and apply these life skills in your daily life.

With warm regards,

Abidi

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Psychological Facts About Human Attraction

1. Ignore as much as you can because the more you ignore the more they would want you. (So if you want any person to know your value then try this).
2. Innocence is also one tact which people finds attractive, so don't be fake. Be you're really self.
3. The more you try to not think about that person, the more your brain will be attracted.
4. Don't be always available for any person. The more available you are the less interested they will be.
5. Confidence is also important quality for attractiveness.
6. Most of us are attracted to the one who are less interested in us.
7. Most of the people will be attracted to your face 1st.
8. Natural beauty is more attractive than the makeup.
9. Most of the people tend to look into somebody's eyes. Hence eye is one of the seductive things in once body.
10. When we are attracted to someone, their presence or absence will surely affect you, whether you accept it or not.

Things That You Should Know On Time

1. Inner peace is more important than making your relationships better.
2. Be aware of your weakness before they attack you.
3. If you like someone treat him/her good but if someone likes you treat him/her better.
4. Sometimes it’s okay not to have a plan. Don't worry about it.
5. Ego is bad but self-doubt is worst.
6. You don't always need friends to make your life perfect.
7. Act maturely but don't let the kid in you collapse under decision.
8. We should not let our emotions rule over us. Be more practical.
9. Don't let your personal life collapse with professional life.
10. Being good is not always good.
11. Its fine if you feel attracted by someone. Accept it.
12. Only YOU will be responsible for your actions and for your life. Its better for you to understand this early.

Things Not To Do In Your Life

1. Don’t try to please everyone, because it is impossible to please everyone.

2. Don't expect the world to change according to your wishes because the world is what it is. It was always like that.
3. Don't try to be like anyone else because you are unique and you must learn to respect yourself.
4. Don't try to reform other people, because there is no need to reform anyone. People are just different from each other.
5. Don't make money by doing something you don't like because loving your work is more valuable than money.
6. Don't be unfaithful to your spouse, because you can never regain their trust.
7. Don't abandon your friends when you become rich and famous because friends are priceless.
8. Don't waste your time networking with people for business purpose because you lose respect in your eyes when you build relationship for profit.
9. Don't take relationships for granted because once you lose it, you can't repair the relationship ever.
10. Don't wait for the problem to happen to you before you take action because you can do a lot to prevent the problem happening in your life.

Things no one tells you

Not everyone will like you for being a good person.

1. People will hate you just because other people likes you.

2. If you don't learn to say no, you will keep doing the things what people says.
3. Life will only give you what you deserve.
4. If you are talented then also you have to work hard.
5. No matter who you are there will always be someone who will hate you.
6. You will repeat your own mistakes many times.
7. There will be someone who will love you no matter what.
8. Relatives can be your enemies sometimes.
9. Age doesn't define maturity.
10. Situation will force you to leave everything but that time defines you.
11. Self-love matters a lot. If you love yourself then you don't need anyone else for anything. You can make yourself happy.
12. True love is rare and hard to find.
13. Almost everyone will try to control you.
14. You will NEVER be able to get rid of criticisms.
15. Sharing your feelings with parents is way too hard.
16. Mental health has no importance to most people.
17. Body shaming has become a common issue.
18. Money is being considered as the most valuable thing to many people.
19. Expressing your emotions will be considered as your weakness.
20. Social media sets our boundaries nowadays.
21. We remember most things, till it's not a trend anymore.

Coolest psychological hacks

1. Test someone's attentiveness. Alter a sentence slightly. If they're attentive, their expression changes or they ask about the change.
2. Handshakes reveal personality; they can show anxiety even if you hide nerves.
3. Avoid being too available, especially to close ones, except for parents. Excess availability makes you seem less important; they might take you for granted.
4. Instead of dinner and a movie, watch the movie first, then dine. It gives you a dinner conversation starter.
5. Don't react hastily. Don't expect acknowledgment. Think before acting!
6. The thing that people remember the most about you is your personality, way of talking and attitude.

Don't waste your energy on these things

1. Don't waste your energy on people who don't support you.
2. Don't waste your energy on trying to impress somebody who isn't interested.
3. Don't waste your energy on doing things just to stay distracted.
4. Don't waste your energy on what others think about you.

5. Don't waste your energy on a one-sided relationship.
6. Don't waste your energy on people who only need you occasionally.
7. Don't waste your energy on solving problems that aren't yours.

Lessons That Can Change Your Perspective Of Life

1. Words are like keys; if you choose them right, they can open any heart and shut any mouth.
2. One day, the people that don't even believe in you will tell everyone how they met you.
3. Don't get burned twice by the same flame.
4. When you build in silence, people can't figure out what to attack.
5. Life isn't about waiting for the storm to pass; it's about learning to dance in the rain.
6. If you tell the truth, you don't have to worry about or remember what you said.
7. Be selfish with your time; a lot of people don't deserve it.
8. Silence is the best answer to someone who doesn't value your words.
9. Turn your wounds into wisdom, and wisdom into wealth.
10. If you only walk on sunny days, you'll never reach your destination.
11. People inspire you or they drain you; pick them wisely.

12. Fear is temporary; regret is forever.
13. Your future needs you; your past doesn't.
14. Don't cry because it's over; smile because it happened.
15. Allow yourself to be a beginner; no one starts off being excellent.
16. The quieter you become, the more you can hear.
17. Do it alone, do it broke, do it tired, do it scared; just do it.
18. Excuses make today easier but tomorrow harder.
19. Discipline makes today hard but tomorrow easier.

Realities Of Life You Should Know

1. Maturity does not come with is age it comes from experiences it's damn true because you can find a kid in 30-year-old person and a wise person in 12-year-old kid.
2. Some people come in our lives just for some time and then they leave us as if they never met.
3. Money is really important in life and It can solve at least 99% problems of our life.
4. No one is permanent in your life, one day everyone is going to leave you and We all know this but it's takes guts to accept this fact.
5. No one can love you more than your parents, maybe at one point of life you will think that someone loves you more than them but it will

be just illusion for fraction of time, which will get over with time.

6. Looks matter, Good looking people do get some benefits over others but of course it's what others can do but we should always love ourselves the way we are.
7. Don't give too much importance to someone or don't do too much care because one day they will get bored of this.
8. There is nothing like BFF (best friend forever) because one day that forever gets replaced by never.
9. There is some problem in everyone's life, so don't compare your life with anyone; No one is really happy all the time.
10. We all have someone who extremely love us but only some lucky people have someone in their life who can understand them too.

Advice! Based On Common Regrets

1. Do what you like because no one would really care that much.
2. Treat yourself well because if you don't, no one would.
3. Always keep in touch with your real friends, and stay away from fake one's.
4. Travel as often as possible because the world is too big for you to stay in your comfort zone for too long.
5. Actively remove toxic people from your life and remember that you always have the choice.

6. Never settle for less than you deserve. You're greater than you think.
7. Remind yourself it's much worse to stay with the wrong one than staying alone.
8. Life is a journey to be fully experienced and enjoyed. Just keep moving.

Never forget these things in life

Sometimes you need to lose them to find yourself.

1. Always do your best. What you plant now, you will harvest later.
2. Life is 10% what happens to you and 90% how you react to it.
3. Don't wait. The time will never be just right.
4. Only I can change my life. No one can do it for me.
5. If you're brave enough to say goodbye, life will reward you with a new hello.
6. Your present circumstances don't determine where you can go; they merely determine where you start.

Things! You Should Never Try In Life

1. Never assume that no one will know the secret.
2. Never get angry with people close to you.
3. Never try to get something for nothing.
4. Never try to impose your values on others.
5. Never expose more than 75% of yourself.
6. Never think you'll be the exception.

7. Never test human nature.
8. Never gamble or take drugs.
9. Never try to be a double dealing person.
10. Never commit a crime for money.

Importance of PATIENCE in human life

1. Being patient is your morning reminder that you're amazing and you can handle anything.
2. Patience is not a virtue, it's a skill. You can learn it like any other skill you already know.
3. Life comes with highs and lows. Don't break your heart by expecting things to be good all the time. Have patience. Invite and embrace happy moments.
4. Trusting the process isn't only about having faith everything will work out & waiting patiently for manifestation but also being the one progressing, catalyzing and actualizing your fruition into existence.
5. It's the deep belief that you can learn, adapt, figure things out and even fail but you'll eventually find a way to win.
6. Waiting for the things to happen without fuss in a world where everyone is constantly trying to one-up each other means your mental stability and peace of mind are applaud able.
7. Patience allows you to regain control, find clarity, get rid of negativity and create self-awareness for yourself by providing ample opportunity to focus inward.

8. Patience along with discipline are all you need to get successful in most fields in your life.

Things That Can Change Someone Life

1. Self-care isn't just for you, it's for the people around too so that they get the best version of you.
2. Stop being afraid of what could go wrong and start getting excited about what could go right.
3. Everyone has purpose. You become unstoppable when you finally figure out your purpose.
4. A sign of emotional maturity is the ability to start tough conversations, even when you know that you're not going to like the outcome.
5. Remember that whatever makes you happy and harms none is exactly what you're supposed to be doing. Saying sorry is not enough to make people stay.

An over thinker should read these things

1. You're loved, someone an out there loves you more than you think.
2. You've already survived the things you don't think you'd survive.
3. It's okay not to be okay. But make sure you speak to someone and let go of any negative emotions.

4. You mean so much to your friends and family, they may not say it as often but they really do love you.
5. Keep your mind off things that don't help you think positively, keep yourself distracted from bad thoughts.
6. Your anxiety will tell you the worst case scenario. It's a liar don't listen.
7. You are not bothering anyone at all, they would love to hear more of your thoughts.
8. You're strong and you can get through everything one step at a time.

What did you learn too late in life?

1. Time passes much more quickly than you realize.
2. If you don’t take care of your body early then it won’t take care of you later. Your world becomes smaller each day as you lose mobility, continence and sight.
3. Sex and beauty may fade, but intimacy and friendship only grow.
4. People are far more important than any other thing in your life. No hobby, interest, book, work is going to be as important to you as the people you spend time with as you get older.
5. Money talks. It says “Goodbye.” If you don’t plan your finances for later in life, you’ll wish you had.
6. Any seeds you planted in the past, either good or bad, will begin to bear fruit and affect the

quality of your life as you get older — for better or worse.

7. Jealousy is a wasted emotion. People you hate are going to succeed. People you like are going to sometimes do better than you did. Kids are going to be smarter and quicker than you are. Accept it with grace.
8. That big house you had to have becomes a bigger and bigger burden, even as the mortgage gets smaller. The cleaning, the maintenance, the stairs — all of it. Don't let your possessions own you.
9. You will badly regret the things you didn't do far more than the things you did that were "wrong" —the trip you didn't take, the project you kept putting off, the time you could have helped someone. If you get the chance — do it. You may never get the chance again.
10. Every day you wake up is a victory.

Financial Advice for Young People

1. Pay with Cash, Not Credit:

- Using cash helps you become more aware of your spending and prevents accumulating high-interest debt.

- Credit cards should be used responsibly. If you use them, pay the full balance each month to avoid interest charges.

2. Educate Yourself:

- Continuously learn about personal finance, investment strategies, and economic trends.

- Understand the terms and conditions of financial products like loans, credit cards, and investments before committing.

3. Learn To Budget:

- Create a realistic budget to track income, expenses, and savings goals.

- Prioritize needs over wants and allocate money for savings and debt repayment.

4. Start an Emergency Fund:

- Aim to save 3-6 months' worth of living expenses in case of unexpected financial challenges.

- This fund provides a financial cushion, reducing reliance on credit during emergencies.

5. Save for Retirement Now:

- Start saving for retirement as early as possible to take advantage of compounding.

- Contribute to employer-sponsored retirement plans like 401(k) or open an Individual Retirement Account (IRA).

6. Monitor Your Taxes:

- Understand the tax implications of your income, investments, and deductions.

- Take advantage of tax-saving opportunities like contributing to retirement accounts and utilizing tax credits.

7. Guard Your Health:

- Invest in health insurance to protect yourself from unexpected medical expenses.

- Prioritize a healthy lifestyle to reduce long-term healthcare costs.

8. Protect Your Wealth:

- Obtain insurance coverage for assets like home, car, and valuable possessions.

- Consider disability insurance to protect against income loss due to unforeseen circumstances.

9. Build a Good Credit History:

- Maintain a good credit score by paying bills on time and managing credit responsibly.

- A good credit history can lead to lower interest rates on loans.

10. Avoid Lifestyle Inflation:

- As your income grows, resist the temptation to drastically increase your spending.

- Focus on saving and investing the additional income for future financial goals.

11. Invest Wisely:

- Diversify your investments to spread risk.

- Understand the risk tolerance and time horizon for your investments.

12. Network and Career Development:

- Invest in your education and skills to enhance your earning potential.

- Network within your industry to stay informed about career opportunities and advancements.

13. Be Mindful of Student Loans:

- If you have student loans, explore repayment options and consider refinancing to lower interest rates.

- Prioritize paying off high-interest debts.

14. Live Below Your Means:

- Practice frugality and avoid unnecessary expenses.

- This allows you to save more and be prepared for unexpected financial challenges.

15. Set Financial Goals:

- Define short-term and long-term financial goals to stay focused and motivated.

- Regularly review and adjust your goals based on changing circumstances.

Remember that financial success is a journey, and these principles can help young people build a solid foundation for a secure and prosperous future.

What Will Serve You Well In Life?

1.Friendship: Learn the art of making friends by sharing snacks, telling hilarious jokes, and having secret handshakes. A squad of awesome pals is like a superpower in life!

2. Curiosity Quest: Imagine you're a detective in the world's coolest mystery. Ask lots of "why" and "how" questions, and don't forget to explore the treasure trove of your imagination.

3.Break Adventures: Turn failures into opportunities! Every mistake is a chance to discover something new. It's like being a mad scientist in the laboratory of life.

4.Read Books: Dive into books like you're jumping into a chocolate river. The more you read, the more magical worlds you'll discover. Plus, you'll become excellent in no time!

5. Dream Dragon Riding: Picture your wildest dreams as dragons. Hop on their backs and soar through the sky of possibilities. Don't forget to pack courage and a snack for the journey!

6. Laughter Karate: Master the art of turning frowns into giggles. A good belly laugh is like a ninja move that can conquer even the grumpiest dragons.

7. Kindness Kung Fu: Spread kindness like candy. Little acts of kindness are like ninja moves that make the world a better place, one smile at a time.

8. Adventure Backpack: Always carry your adventure backpack filled with curiosity, courage, kindness, and a snack (because you never know when hunger might strike).

Remember, kiddo, life is the greatest adventure, and you're the hero of your own story! Now go out there and conquer the world with your unique blend of awesomeness!

Bitter Truths About Human Nature

1. **Procrastination is our middle name**: We're so good at delaying tasks; if it were an Olympic sport, we'd all have gold medals.

2. **Expert level at overthinking**: Ever thought about that time you said something awkward five years ago? Welcome to the overthinking club, where the past is never really the past.

3. **Selective memory champions**: We remember every embarrassing moment, but ask us where we left our keys five minutes ago, and it's a mystery worthy of Sherlock Holmes.

4. **Queen/King of excuses**: We've got a black belt in excuse-making. From "I'll start my diet tomorrow" to "I work best under pressure," we've got an excuse for every occasion.

5. **Master of self-sabotage**: We sabotage our own plans like it's a competitive sport. It's not that we enjoy it, but it's a talent we've perfected over the years.

6. **Netflix marathon > Gym session**: The only marathon we're acing is the one with a TV remote in hand, not the running shoes.

7. **Panic mode enthusiasts**: We're calm until someone says, "We need to talk." Suddenly, we're auditioning for a role in a Shakespearean tragedy.

8. **World-class comparison experts**: Comparing ourselves to others? We could win a gold medal in that category. Spoiler: It's never a fair competition.

9. **Sleep is a competitive sport**: "I got only six hours of sleep last night." "Well, I survived on four." It's like we're training for the Sleep Deprivation Olympics.

10. **Masters of the fake laugh**: We've perfected the art of laughing at jokes we don't understand. Fake it till you make it, right?

These bitter truths about human nature might make you laugh, cringe, or maybe both. After all, humor is our survival mechanism in this chaotic human experience.

Don't feel shame at these things

1. Old clothes because your clothes don’t define your talent.
2. Old parents because what you are today is because of them.
3. Simple living because success can't be judged by appearance.
4. Poor friends because there is no status is friendship.

Psychological tricks that can confuse all

1. If you want to irritate someone, stay calm and be silent, there is nothing more irritating than being ignored.
2. Make someone feel insecure by looking at their hairline while they speak.
3. If you know someone who is mad at you or has it out for you, sit next to them in a particular meeting, this will reduce the confrontation level.
4. Mirroring a person’s body language makes them feel more positive towards you as if you two have something in common.
5. Tell them a secret to build up a relationship. Sharing intimate information with someone will make them more likely to feel closer to you and want to confide in you in the future.

6. You want people to say yes: When you ask a question that you want an affirmative answer to, try to subtly nod when you make requests. This trick is often used by restaurant employees to get customers to buy more food and is quite effective.
7. Nodding while talking will also make other person more attentive to what you are saying.
8. In negotiations or things of the sort, practice using silence. Most people are very uncomfortable in silence and are willing to break it by giving up a key point. Try it, it actually works.
9. People are more likely to return a lost wallet if they find a baby picture inside.

Habits That Are Damaging Your Mental Health Slowly

1. Overthinking about everything.
2. Being stuck for a girl/guy who doesn't care about you.
3. Reading and listening to more negative news.
4. Listening to anything at high volume.
5. Always shouting.
6. Too much mobile usage.
7. Sitting all day and doing nothing.
8. Stress over unnecessary things.
9. Wasting your energy over silly things.
10. Eating lots of junk food.
11. Not doing exercise.

12. Not having peace in your life.
13. Lack of concentration.
14. Not focusing on personal growth.
15. Following the same routine.
16. More sleeping habits.
17. Negative thinking.
18. Ignoring and not taking care of yourself.
19. Not being creative.

Sometimes, silence is best revenge!

1. The people who don't value your words deserve your silence.
2. The one who doesn't understand you, deserves your silence.
3. Silence is the best way to ignore a person to end an argument.
4. Silence is the best reaction when someone wants to bring out your emotions or angry side.
5. Silence is the best answer to the one who doesn't give any importance to your words.
6. Silence is the zero reaction where you don't understand what you need to do.
7. Your silence can bother someone who cares for you.
8. Silence can be the best revenge for the one who wants to talk with you when you are not interested anymore.
9. Silence causes people to think about what is running in your head and why you are doing so.
10. Silence can create more curiosity than anything else can.

Lessons you wish to know earlier

1. Stop expecting honesty from people who lie to themselves.
2. Save your explanations for those that are determined to understand you - give your silence to those that are determined to misunderstand you.
3. These hard times, this pain, these lessons - one day they'll be your strength, your awareness, your blessings.
4. You'll never look good trying to make someone look bad.
5. Your life is too short to be unhappy 5 days a week in exchange for 2 days of freedom.
6. Don't be upset from people you don't respect.
7. Life is not tiring. Wanting life to be a certain way but not having the confidence to make it that way, is tiring.

Biggest trust about psychology of life

1. The problem is people are being hated when they are real, and are being loved when they are fake.
2. Too busy is a myth. People make time for what's important for them.
3. The worst feeling is when you know that you are second choice for everyone.
4. Never make fun of your friends to impress someone.
5. The days that break you are the days that make you.

6. Be afraid of the calmest person in the room.

Attractive psychological facts

1. 98% time when someone says they have to ask you a question, you think all the bad things you have done recently.
2. 70% people enjoy old songs because they are attached to them.
3. Men and women who listen to similar music tend to be better communicators and have longer lasting relationships.
4. Research suggests that laziness is just a common part of being a teenager and doesn't reflect bad behavior.
5. Psychology says that playing video games makes you more creative.
6. Psychology says that people who are lying to you tend to look up and their left.
7. People who understand sarcasm well are often good at reading people's mind.
8. Women with higher IQ have a harder time finding a mate, intelligent woman would rather remain single than be with the wrong person.
9. The average person has 3 to 5 best friends and usually hates one person in their social group.
10. when a person dies, they have 7 minutes of brain activity left. It’s the mind playing back the person’s memories in a dream sequence.

Greatest lies of society

1. Money doesn't buy happiness.
2. Hard work alone will make you rich.
3. You need to be a good student to be successful
4. The government will save you.
5. Pursuing your dreams is foolish.

Beautiful advices for people of all age

1. Sometimes you need to learn to be quiet even when you have a lot to say.
2. Save your feelings for someone who cares.
3. Stay loyal but not stupid.
4. Be like moon, alone but beautiful.
5. Everyone changed, now it's my time.
6. In the end, over thinkers are always right.
7. No one knows what you feel inside.
8. Everything will come to you at the perfect time.
9. A good life need some bad days too.
10. Be the best version of yourself.

Challenges To Take For A Better Life

1. When you catch yourself overthinking things, challenge yourself to take a step forward instead.
2. When mistakes are made, challenge yourself to learn from them rather than waste time on blaming yourself.

3. When you find yourself trying to control too much, challenge yourself to let go and enjoy the moment.
4. When someone treats you poorly, challenge yourself to treat them with kindness and respect.
5. When you have two good options, challenge yourself to go with the one that scares you, because it can help you grow faster.
6. When you're going to do something new, challenge yourself to do it with enthusiasm and devotion.
7. When you catch yourself thinking the grass is greener elsewhere, challenge yourself to water the grass you're standing on.

Places to stay silent at all cost

1. Be silent if your words can destroy a friendship.
2. Be silent if you don't know the full story.
3. Be silent in the heat of anger.
4. Be silent if your words can offend a person.
5. Be silent if you can't talk without yelling.
6. Be silent if your silence can save bonds.

Qualities Take A Lot Of Time For Improvement

1. If you paid attention to yourself half as much as you paid attention to other people you would be a lot happier and a lot less stressed.

2. Breaking up is okay. Moving on is okay. Saying NO is okay. Being alone is okay. What's not okay is staying somewhere that you aren't happy, valued, or appreciated.
3. Everyone's a tough guy until a real tough guy shows up. Then it was just a joke.
4. Constantly evolving and getting rid of things that do not fit the future version of yourself that you're striving to be is the key.
5. Learning to override your feelings when it comes to consistency and productivity is superpower. Our biggest problem is giving in to the feelings and then losing your productivity.
6. Who you were, who you are and who you'll be are three different traits to master.
7. Most arguments can easily be defused if we first let the person speak and responded to what they said calmly. Actually empathizing with them to get a better perspective and then communicating is superhuman.
8. Have you ever been so wildly attracted to someone that you can actually feel it driving you insane? Rewire your brain to have a perfect control.
9. Battling between head and heart!! Balance your passion and execution.
10. How do You stop being shy? By targeting your mind.

Psychological Hacks

1. If you really want to know about people and their character, always notice the way they treat people who can't do anything for them.
2. When you first try something new, you should have no expectations. This will prevent you from the disappointment of failure.
3. The majority of people's favorite topics to discuss are themselves. If you don't know what to say or if there is an awkward silence, simply ask them questions. This will convey to them that you are genuinely interested.
4. Remembering a person's name is important because that person's name means something to them. When you remember a person's name you make them feel important.
5. When you meet new people, take note of their eye color while smiling at them. Don't say anything about it. It's a great way to insure you're actually looking them in the eyes.
6. When someone answers your question's partially. Wait, please do not interrupt. When you don't say anything, there is a good chance they'll finish the sentence.

Truths regarding Money

1. Money is important because it gives you respect. People give you respect on the basis of your bank balance. Sad truth

2. Sometimes, money can buy love. Many girls/boys left their loyal partners just because of their status.
3. Money is important because it can buy friends. No one wants to be friend with someone who always ask for help or money.
4. Money is important because it gives you freedom and control.
5. Money is important because it gives you options in life.
6. Money can buy happiness by spending it on traveling, education or on your favorite food.
7. Money is important because everyone prefer money over loyalty. So don't waste your time.

Signs You Need To Love Yourself More

1. You are always ready to sacrifice things for others even if you know they would not do the same thing for you. You think you are selfless but the fact is you lack self-love.
2. You appreciate other's opinion more than your and doubt yourself often.
3. You always feel insecure about yourself. You think you are not enough.
4. Others opinion matters to you more than it should.
5. You fear you will be left alone. No one will love you.
6. You constantly criticize yourself. You are your biggest critic.
7. You seek validation way too much.

8. You keep everyone above yourself. You prioritize other people than you.
9. You suppress your feelings and thoughts to please others.
10. You easily believe people.
11. You always depreciate your value and you are constantly comparing yourself with others.
12. You don't contradict other people. You don't answer back when you should.
13. You spend more money on others than they spend on you.

By age 30, you should be intelligent enough to realize this

1. Free yourself from society's advice, most of them have no idea of what they're doing.
2. Stay silent. Not everything needs to be said.
3. Silence is better than unnecessary drama.
4. If you continue waiting for the "right time", you'll waste your whole life and nothing will happen.
5. The family you create is more important than the family you come from.
6. You'll be 10x happier if you forgive your parents and stop blaming them.
7. No one will ever come save you. Your life is 100% your responsibility.
8. Your inner circle should be more focused on money, success, and starting a family.

9. You don't need 100 self-help books. All you need is actions and self-discipline.
10. Your current job doesn't care about you. They only pay you enough to kill your dreams.

Develop Strong Presence & Personality

1. Do not say anything that is not supported by the right logic.
2. Don't compromise just to make another person feel good. Always take a stand for what you say.
3. Always make eye contact while talking to another person.
4. Never think that you don't know about anything, think you can learn and do anything.
5. Do not wear beautifully, wear smartly.
6. Never make excuses for yourself. Don't ever try to fool yourself.
7. Talk less but effective.
8. Never hesitate to say you don't know about anything.
9. Always do efforts for your future. Try new things to upgrade your life.

Reality About Today Life And People

1. You can't give a 100 perfect perfect life to people, even if they are your closest. You have your life, matters of attention, imperfections, flaws, emotions, and limitations. Also, never expect that privilege from anyone, or you will end up hurt. Never feel guilty if someone leaves

you for not being perfect or if someone dies and you couldn't give them an ideal life or much of your time. It isn't possible; life or relations can't be handled perfectly; this is just a regretful thought.

2. People often judge other people's behavior and actions by their prejudice or assumption about that person and their power and position. If someone didn't take your call, it's not necessarily because they are rich and treat you lower than them; they could be busy also. These assumptions are a cause of great unnecessary pain for most. You can never precisely judge the present thoughts of people; they are too complex.
3. Never prove yourself to people; never do anything to prove yourself. Develop trust in yourself through knowledge, neutral thought process, love for all beings, passion, and modesty, and agree to your deeds. Don't wait for others' approval. People's approval depends upon their opinions, biases, stereotypes, jealousy, envy, selfishness, ego, limited experience, and many other aspects; you can't see yourself correctly through other people's eyes, it would make you vulnerable to their ego, you would definitely get a second place or a manipulative judgment.
4. The calm, relaxed and comfortable you are, easily people believe in you. Just take a chill pill, say what you have to. Don’t give people, interactions, or results over importance, keep a

light smile, and talk like you are interacting with an equal and not your master (unless that person has a high ego), don't emphasize too much, don't repeat, don't convince, be clear, have adequate knowledge, be sure and say it normally.

Rules To Become Financial Strong

1. Never upgrade your lifestyle too fast. **Control your spending before your spending controls you**.
2. Don't go broke trying to look rich. **Live like an undercover millionaire.**
3. Marrying the right person is key to building wealth. **Choose wisely.**
4. The biggest risk is living on 1 income stream. Never put all your eggs in 1 basket.
5. Never live bigger than your paycheck. **Spending more than you earn is financial suicide.**

You are emotionally mature when...

1. You can hear constructive criticism about yourself without getting angry.
2. You apologize easily and sincerely, then move on.
3. You don't get upset when you are not liked.
4. Being able to talk about something no matter how bad it could end; not avoiding them and hoping it'll just go away.

5. You don't make excuses for failure.
6. You don't gossip about other people.
7. You know when to let people WIN.
8. You accept that you were wrong.
9. You can be happy for others.
10. You patiently listen before defending.
11. You respectfully step away from unhealthy relationships.
12. You say 'I don't know' when you don't know something.

Sometimes, we should spend time alone!

1. It allows us to hear, and really listen to, our heart.
2. It helps us to decide who we really want to be.
3. It helps us to feel - instead of stuffing our emotions.
4. It allows us to step back from the pressure to fit in.
5. It frees us from the need to please, or seek others' approval.
6. It helps us to establish more appropriate.
7. It allows us to recharge our batteries.

Life is precious, please don't destroy it. Remember!

1. Stop telling people everything most people don't care and some secretly want you to fail.

2. Stay away from people who make you feel lonely. No company is better than a Bad Company.
3. It is better to be hated for what you are than to be loved for something you are not.
4. Not everyone will like you that's life.
5. Focus on you, people come and go.
6. If you don't control your mind someone else will.
7. Sometime the things that break your heart, end up fixing your vision.
8. Loneliness is the price you pay when you start to improve yourself.
9. Proud you survived the days you thought you couldn't.
10. Be kind but don't let people use you.
11. Don’t go broke trying to impress broke people.
12. Make peace with your past so it won't screw up the present.
13. Don’t compare your life to others you have no idea what their journey is all about.
14. Never underestimate the power of stupid people.

Signs that you are toxic to yourself

1. You apologize a lot, even when the fault isn't yours.
2. You keep hanging out with people who treat you badly.
3. You dress badly, have bad posture, don't take care of yourself.

4. You keep checking your phone for messages even when there are none.
5. You take criticism too personally.
6. You keep comparing yourself to others.
7. You sleep a lot, to avoid life.
8. You agree with other people's opinions even when you have a different one.
9. You don't have passion for learning new things. You aren't worry about your future. Then, be serious, wake up and do something for yourself.

Being Centered is Necessary to Maintain Success

Do not become complacent when you have achieved a certain level of success. The reason why many people fail when they have become quite successful is because they start becoming overconfident, proud, too sure of themselves, arrogant, cocky and just plain imbalanced in their consciousness. They have moved off from the center. There is a center state of mind in between the state of failure and the state of success. Send forth your intent and let it go without doubt or being too sure and complacent.

You must always give your full heart and soul each time you do anything and not become complacent and lapse in your focus and direction of energy. To live is to create. How can you at any moment live consciously without the creative urge? Each soulful moment of living is what enables you and others to experience the fullness of your being. Everything around you is your life and is created

by your life energy. Slackness within reflects as slackness without. Act completely and your world reflects fullness.

Each time you want to create success, you must put in your whole soul and give it your all. We either progress or regress. We never stand still. When you rest on your laurels, you stand still and start to regress. That is why people who have arrived at a peak and stay there start to decline from that point onwards. The principle of rhythm is always at work and you must keep being in motion to counter it. There's always a natural move to decline when at a peak. You must keep directing energy to be on top.

Darkest Facts in Life You Should Believe

1. Money matters a lot. Without money, you are nothing. You are nothing in people's eye.
2. We want others to understand but don't want to understand their situation.
3. We want someone right but don't try to be the right person.
4. You shouldn't expect from others to see your side of story or view.
5. Expectations really hurts.
6. It hurts more in friendship than in love.
7. Nobody wants you to be successful except your parents.
8. Looks matter a lot.
9. We want change but can't be the one to change.

10. Not everyone is your real friend.
11. Some dreams are dreams forever.

Lessons most people learn late in life

1. You are only fighting yourself, you are your biggest enemy.
2. Investing in yourself will never disappoint you.
3. You are at your strongest when you are calm.
4. Don't help someone who doesn't want your help.
5. Being alone is better than being surrounded by the wrong people.
6. Forgiving people in silence and never speaking to the again is a form of self-care.
7. Staying low-key and not telling everyone everything is a form of self-care.

Avoid them If they have these 08 habits

1. Those who criticize you all the time.
2. Those who waste your time.
3. Those who keep disappointing you.
4. Those who spread negativity.
5. Those who are jealous.
6. Those who are self-centered.
7. Those who play the victim.
8. Those who don't care.
9. Those who always demotivate you.

Psychological Facts About Quiet People

Most people think that quiet people are boring, uninteresting, or shy. However, there is more to quiet people than meets the eye.

Here are 15 psychological traits about quiet people you probably didn't know.

#1. Quiet People Are Great Listeners

You are a great listener. You can understand what the other person is saying and their point of view.

This makes you very good at solving problems, because you can understand the problem before trying to come up with a solution.

Quiet people are also calming and soothing to be around, which makes them good for listening to someone who is upset or needs to talk through a problem.

#2. Quiet People Have a Down-To-Earth Personality.

You are not easily swayed by what others say or think, and you stick to your beliefs and values.

You also usually have realistic thinking and you are not as likely to get wrapped up in your own thoughts or emotions.

This makes you a good person to turn to for advice because you can give me a realistic perspective on the situation.

#3. You Prize Your Privacy.

You like to keep to yourself and don't share a lot of information about yourself with others.

You may also be less likely to talk about your feelings or problems, preferring to deal with them on your own.

This can make it difficult for people who don't understand you. However, it also means that you are very independent and can take care of yourself without help from others.

#4. Quiet People Are Usually Very Reflective and Introspective.

You often think about your thoughts and feelings, which can be helpful in understanding yourselves better.

However, it can also lead to you feeling overwhelmed or stressed out because you tend to ruminate on things more than other people do, which can cause you to dwell on negative thoughts for longer periods of time.

#5. Quite People Are Creative.

You have the time to think about your thoughts and feelings, which can help you come up with creative ideas.

Quiet people are often very creative because they are not as influenced by what others say and they are more likely to stick to their own beliefs.

You are able to come up with creative ideas that are not influenced by what other people think.

#6. You Usually Don't Like to Be the Life of The Party.

You prefer to stay in the background and let others take charge.

This doesn't mean that you don't enjoy going out or socializing, it just means that you don't like to be the center of attention.

Quiet people usually prefer to let others take the lead and you are not as likely to be the one who talks the most at a party.

#7. You Are Resourceful and Resilient

Quiet people are very resourceful. You are good at finding ways to solve problems when they come up.

You are also very resilient because you are able to bounce back from difficult situations quickly.

This makes you someone who is able to handle a lot of stress and adversity without breaking down.

#8. You Have a Strong Sense of Personal Integrity.

Quite people have a strong sense of personal integrity. If that's you, then you are honest and truthful with yourselves and others.

You also stick to your own values and beliefs, even if it is not popular to do so.

This can make you difficult to work with or be around because you often do not agree with what others are doing or saying. However, it also means that you are very principled people who stand up for what you believe in.

#9. You're Often Very Loyal and Reliable Friends.

Quite people often have a very loyal and friend. When you make a promise to someone, you always try your best to keep it.

You are also very reliable and people can count on you to be there for them when they need you. This makes you a great friend to have because you are always there for the people who matter to you.

#10. You Are a Deep Thinker

Quite people are often deep thinkers. You often think about your thoughts and feelings more than other people do.

This can be helpful in understanding themselves better, but it can also lead to you feeling overwhelmed or stressed out because you tend to ruminate on things more than other people do.

#11. You Are a Perfectionist

People who are quiet often strive for perfectionism as one of their psychology traits. You always want to do and be your best, and you are never satisfied with anything less than perfection.

If you are a perfectionist, then you are always trying to meet high standards that you set for yourself.

This can lead to you feeling stressed out and anxious because you are constantly trying to meet your own high standards.

#12. You're a Great Leader

Quite people often make great leaders because of your strong sense of personal integrity and your ability to think deeply about things.

You are also very reliable and loyal, which makes you good friends and great leaders. Quiet people are also very creative, which can help you come up with innovative ideas.

#13. You Prefer to Write Rather Than Talk.

You often prefer to write rather than talk because you think deeply about things and want to be accurate when you express yourself.

This can make talking to others difficult because you often have a lot to say, but you want to make sure that you say it the right way. When you write, you have more

time to think about your words and how they will be interpreted.

#14. You Tend to Be A Minimalist.

You often prefer to live a minimalist lifestyle because you don't like to have a lot of clutter in your life.

You think that it is more efficient and less stressful to have a simple life with less things to worry about.

This can be seen in the way you dress, the way you decorate your home, and the way you organize your time. You try to avoid having too many things so that you can focus on the important things.

#15. Great Qualities

Quite people often have a number of great qualities, including loyalty, creativity, and deep thinking.

If you are a quite person, then you likely resonate with some (or all) of the psychology traits mentioned above — so don't be afraid to embrace your personality type!

Traits Of Toxic People You Should Avoid

1. They intentionally and repeatedly do and say things that they know upset you.
2. They blame everyone and everything except themselves.

3. They say things behind your back and don't have the guts to say them to your face.
4. They are quick to point out what you should do for them, but don't even think about what they could do for you.
5. They only see things from their perspective.
6. They get more toxic if you try to please them, trying to please them only feeds their belief that they are better than you.
7. Expect you to prioritize them but refuse to prioritize you.
8. They can't and won't apologize sincerely.
9. They always bring complications and drama in your life.
10. They are excessively judgmental.
11. They have a tendency to lie all the time.
12. They ridicule and put you down in front of others.
13. They make you feel bad about yourself all the time.
14. They expect you to be loyal, but are not loyal themselves.
15. Toxic people always feel jealous of you. They can't see you successful. So it's time to make them jealous.

Habits Of Intelligent People

1. They can accept their fault more easily than others; they know they can do wrong.
2. They are good listeners, listens to everyone but don’t believe everyone.

3. Intelligent person's opinions are based on facts and not beliefs.
4. They are very calm in any situation.
5. They hardly use social media, they hate showing off and unnecessary comparisons.
6. They often just feel tired most of the time even in a normal routine.
7. They tend to have a small social circle. The smarter you are the more selective you become.
8. They are almost right in many situations, they can see patterns in everything and can predict very accurately.
9. Average minded discuss mostly about people, trends, events, etc., while intelligent people avoid it.
10. Intelligent people always welcome new opportunities.

Some Motivational Things You Never Forget

1. Life really is good. There're so many reasons to be happy if you just look around you.
2. Nobody cares if you stayed up all night completing a project but spilled your coffee over it the next morning. Hard work is appreciated only when people can see it through the results you produce.
3. If you've a good family and real friends then, don't ever take them for granted.

4. Being in excellent shape year round isn't a magical combination of Harry Potter spells, testosterone, supplements and superfoods you've never heard of. It's the application of the fundamentals of sleep, nutrition, exercise and spiritual well-being year around.
5. Be aware of your aura and remember that other people are aware of it. They feel you even if they can't understand what they're feeling.
6. Trust yourself. Bet on yourself.
7. Dream big. Break big dreams into small and smart goals. Have a mission for your life.
8. Replace busy with priority.
9. Gratitude is something that we should all be able to express on any occasion, no matter how big or small.
10. "Everything works out to be just fine in the end" is just half the knowledge. Everybody misses the part where they need to tell people "but make sure you actively work towards making everything fine". Nothing in this universe happens on its own, either the good or the bad.

Build A Strong Fearless Character

1. Having high expectations isn't the problem. The problem is that you've them for others rather than yourself.
2. If you didn't work hard for yourself today, you'll soon be working hard for someone else.
3. Remember to connect with people now & then. In fact, pick up the phone, right now and call a

friend for no other reason than to say" Hello ". That's great. Your network, like all living beings, needs to be fed in order for it to keep existing.

4. You don't want to be like most of your friends. Look at them, obsessed over a single woman who barely even gives them the time of the day.
5. Allowing yourself to be human is the most basic thing ever. There's freedom in that space.
6. Ask yourself "how do I feel right now". It'll give you a chance to get out of your head and embrace the present. Embrace mindfulness as a way of living,
7. Staying committed to healthy daily habits is like writing a series of love letters to your future self.
8. Confident men believe that they're highly valuable and they behave based on this mindset.
9. Growth takes a much longer time coming than we think, then it happens much faster than you ever would have thought. Growth happens gradually, then suddenly. When you realize this, you start doing things differently.

Truths that make you a better person

1. The people you surround yourself with will make you or break you.
2. No one else can provide you with the precise answers you require in order to be happy and successful.

3. You can't change yesterday, but you can ruin today by worrying about tomorrow. Be present. Focus.
4. The things we do right are often NOT the right things to do.
5. Being honest and direct may not make you the most popular person in the room. But it will make you the right friends and contacts.
6. The unhappiest folks are those who care the most about what everyone thinks.
7. The draw of comfort is the biggest dream killer. In the end, you can be comfortable or courageous, but not both at once.
8. If achievement had no price, it would be of no value.
9. We all make choices, but in the end our choices make Us.
10. Your dreams come true only when YOU make them come true.
11. Winners win not because they're allowed to, but because they decide yo.
12. You are exactly where you're supposed to be at this very moment. Every experience and step is necessary.
13. In life, what you want and what you get are rarely perfectly congruent.

Amazing things you need to understand about life

1. People with no goal and no ambition consistently invent drama. Hang out with ambitious people who know what they want.
2. Learn to say no; some people feel no shame when they take advantage of your kindness.
3. Great relationships don't distract you from your personal goals, they get you there.
4. Maybe you are not an introvert; maybe you just need better people.
5. As you get smarter, you use simpler words, you make clearer sentences.
6. People are "disappointed in you" when they can't manipulate you.
7. The smarter you get, the less you get offended.
8. You meet interesting people during the process of becoming the best version of yourself.
9. When you are not sure, choose the more ambitious path.
10. Building self-confidence is the art of keeping the promises you made to yourself.

Diamond Worth Lesson

1. If you can’t make yourself happy then nobody else can do it.
2. When you forget your past then you will surely face it again. Learn from your mistakes.
3. Try to be financially strong it helps to take the right decision.

4. Investing in yourself always gives best the return.
5. In bad times, nobody stays with you.
6. Start earning money as early as possible.
7. Never change yourself for someone else.
8. You are the average of your surroundings so be super conscious while making friends with people. Always remember that you will definitely be affected by your surroundings. So be careful.
9. To gather real knowledge real non-fiction books.
10. To increase creativity read fiction books.
11. The best use of money is to buy someone else time for you.

Make Your Mind More Peaceful Than Before

1. Immediately stop all comparisons with other human beings.
2. Other people's expectations are their business and not your business; your business is to do what you can and enjoy your life.
3. Take good sleep every night.
4. Chat with your loved ones for a few minutes every day.
5. Talk to yourself in stress. Ask questions, answer questions and find a solution.
6. Whatever you do, take tiny breaks after an hour and relax for a few minutes. Take a few days off

after every quarter and travel away from the place.

7. Acceptance is the key to a calm mind. 'What happened was your fate. What you can do is your deeds.
8. Dedicate your time in helping human and animals. It boosts self-esteem and makes you calmer.
9. Do your deeds because you have to do them and don't expect anything in return.
10. Fill your time gaps with hobbies, so that there isn't any scope of overthinking.
11. In stressful situations, remember the love of your parents and respect your fate and simply give your best.
12. Don't engage too much with society like social media, gossiping, having countless friends. Be connected and simultaneously be indifferent; make a balance.
13. Past is dead; you are not, don't keep digging its grave, the dead body will only stink and not do any good.
14. Future is uncertain, no matter how much you plan or stay stressed or worry, there is always a major chance that something altogether unexpected may happen, so respect uncertainty and stay calm.

know when someone is manipulating you

1. Punish you or become distant when you don't do what they want.
2. Insidiously insult you but then say they are just kidding.
3. Play word games to manipulate and confuse you. Twist everything you say.
4. Tries to find out what your insecurities and weaknesses are so they could use it against you.
5. Invalidate your feelings and experiences by saying you are too sensitive.
6. Re-write history and make you doubt your own experiences.

Psychological Facts About Emotional Manipulators

1. They can't be trusted. No matter what you say, they'll turn the situation round so they seem like they're a victim, and have been unfairly judged.
2. They're great at making you feel guilty or "bad". Nothing you can do or say is ever right to them. No matter what you try, you know it always will be wrong.
3. They leave you feeling crazy, or mixed up and confused. They'll twist your words and motives so you feel misunderstood-and they rationalize their actions so you seem unreasonable.
4. They are passive aggressive. They'll smile to your face and they'll stab you in the back.

5. They have the ability to manipulate the emotional climate in a group. So, if they're feeling happy, and life is going well, they're the life of the party and everyone must smile. But when their life is tough then they'll moan, groan and complain and they'll make sure everybody feels miserable e as well.
6. They are self-absorbed and a law unto themselves. Life is always by their roles and everything revolves round them. They're not accountable and they will always please themselves.

"Diamond Worth Rules" When It Comes to Relationships

1. When it starts to feel one-sided, that's your sign to go.
2. If you're a giver, find another giver.
3. Relationships require more than just love.
4. The right person going to show you that you wasn't even asking for too much.
5. If you don't tell people how you feel, they won't know.
6. Your partner's needs are just as equal as your own.
7. Finding your right fit partner requires discernment + wisdom to be selective.
8. Some people come to your life just to show you deserve better.

9. Just because it could have been different does not mean it would have worked out.
10. Always remember: if it drains you, it's not for you.

Most Amazing Thing, You Have Learned On Past Life Regression

1. You know you've a good heart when you feel bad for doing what's best for you.
2. If you get a gut feeling that something isn't right about someone or a situation, trust it.
3. No one makes a plan to be unsuccessful. Unsuccessful is what happens when you don't have a plan.
4. Talking to someone with an open mind is seriously one of the better things because there's never an end to what you can talk about & learn.
5. Sometimes you understand how stressful it's to explain what's going on in your head when you don't even understand yourself.
6. The hardest part of befriending someone and hoping their level of commitment to the friendship is the same as yours is that when they fail you several times, you're forced to let go.
7. Everything in life is a negotiation. Sometimes it serves us well to hone our negotiating skills.
8. Shed light on the habits that are feeding your self-sabotaging habits. Ask difficult questions.

Face yourself. Use time in isolation to dive deep into introspection.

9. Having to really walk away from a relationship you really wanted to work out messes you up.

Suggestion and Its Impression upon our Beliefs

A man is largely what he is by reason of the suggestions which he has accepted. We say "accepted" rather than "experienced" for one experiences many suggestions which he rejects and refuses to accept. The suggestions that are rejected affect his character only in the way of forming the habit to reject similar suggestions. The suggestions which are accepted become a part of his nature and character, and may be removed only by suggestions of an entirely opposite nature and strong enough.

It is often said that we are the result of what we have thought. It is also true that we our thinking is largely the result of the suggestions we have accepted from the influences around us. It takes a very strong individual to rise above the effect of his environments, and to shake off the prevailing opinions of his associates and to strike out in a new line for himself. Such men are liken to geniuses. The ordinary mortal finds himself unable to do such a thing unless he is inspired to renew his thinking.

Nature has given man a Will to use and order his life and character as he will. By that Will he is able to reject and

refuse suggestions which are not conducive to his wellbeing and to accept and welcome suggestions that serve to strengthen and build up his character in the desired way. With the possession of Sovereign Will, he may cast away harmful things and draw to himself those that help and develop him. The will is focus and Man is the master of Suggestion if he uses his will to focus his mind.

Effects of Intellectual Pleasure on Brain and Physical body

Intellectual pleasure can have a significant impact on the brain and the physical body. While the mechanisms are complex and interconnected, here are some general ways in which intellectual pleasure can affect both:

1. Neurotransmitter Release:

- Intellectual pleasure, such as solving a challenging problem or engaging in stimulating conversation, can trigger the release of neurotransmitters in the brain.

- Dopamine, in particular, is associated with reward and pleasure. Activities that bring intellectual satisfaction can lead to increased dopamine levels, contributing to a sense of well-being.

2. Brain Activation and Connectivity:

- Intellectual activities often engage various regions of the brain, promoting neural activation and connectivity.

- Regular engagement in intellectually stimulating activities may contribute to neuroplasticity, which is the brain's ability to adapt and reorganize itself by forming new neural connections.

3. Stress Reduction:

- Intellectual pleasure can act as a natural stress reliever. Activities that bring intellectual satisfaction may help lower cortisol levels, reducing stress and promoting a sense of calm.

4. Cognitive Function and Memory:

- Regular engagement in intellectually challenging activities has been linked to improved cognitive function and memory.

- Intellectual stimulation is thought to support the growth of new neurons in the hippocampus, a brain region crucial for memory and learning.

5. Mood Enhancement:

- Intellectual pleasure can positively influence mood and emotional well-being.

- Engaging in activities that provide intellectual satisfaction may contribute to the release of endorphins, the body's natural mood enhancers.

6. Physical Health:

- There is evidence to suggest that intellectual stimulation is associated with better overall physical health.

- Engaging in intellectually satisfying activities may indirectly contribute to physical well-being by reducing stress-related illnesses and promoting a healthier lifestyle.

7. Long-Term Cognitive Health:

- Intellectual engagement throughout life has been linked to a lower risk of cognitive decline and neurodegenerative diseases, such as Alzheimer's.

- The concept of "cognitive reserve" suggests that a mentally active and intellectually stimulating lifestyle can build resilience against age-related cognitive decline.

It's important to note that the relationship between intellectual pleasure, the brain, and the physical body is complex and individualized. Factors such as genetics, overall lifestyle, and other health considerations also play a role in determining how intellectual pleasure influences an individual's well-being.

Negative Impacts of Excess in Intellectual Pleasure

While intellectual pleasure and stimulation are generally beneficial for mental health and cognitive function, excessive indulgence in certain activities or behaviors can

have negative impacts. Here are some potential drawbacks of excess in intellectual pleasure:

1. Burnout:

- Overindulgence in intellectually demanding activities without adequate breaks can lead to burnout. Burnout is characterized by physical and emotional exhaustion, reduced performance, and a sense of detachment.

2. Social Isolation:

- Excessive focus on intellectual pursuits may lead to social isolation. Spending too much time on solitary intellectual activities at the expense of social interactions can negatively impact mental health and well-being.

3. Neglect of Physical Health:

- A preoccupation with intellectual activities may result in neglect of physical health. Individuals may overlook the importance of regular exercise, proper nutrition, and adequate sleep, which are essential for overall well-being.

4. Risk of Mental Health Issues:

- Excessive intellectual engagement might be used as a coping mechanism, potentially masking underlying mental health issues. It's essential to address the root causes of stress or emotional challenges rather than relying solely on intellectual pursuits for relief.

5. Imbalance in Life:

- Overemphasis on intellectual pleasure to the detriment of other aspects of life, such as relationships, leisure, and self-care, can create an imbalance. Achieving a balance between intellectual pursuits and other life domains is crucial for holistic well-being.

6. Increased Stress and Anxiety:

- Constantly seeking intellectual pleasure may contribute to heightened anxiety, especially if there is a fear of missing out on new information or not meeting self-imposed intellectual goals. Obsessive thinking about intellectual matters can be mentally taxing. Intense intellectual pursuits, especially in high-pressure environments, can lead to increased stress and anxiety. Constantly striving for intellectual satisfaction without adequate relaxation can contribute to mental health issues.

7. Diminished Creativity:

- Excessive intellectual stimulation in a narrow domain may lead to a lack of diversity in thought. Creativity often thrives in environments with varied influences, and an excessive focus on a single area may hinder creative thinking.

8. Physical Strain:

- Extended periods of intellectual work without breaks can lead to physical strain, including eye strain,

headaches, and musculoskeletal issues. It's essential to balance intellectual activities with physical movement and relaxation.

9. Impaired Relationships & Sleep Quality:

- Excessive intellectual focus may strain relationships with family, friends, or colleagues, especially if others feel neglected or if there's a lack of balance between personal and intellectual pursuits. Engaging in intellectually stimulating activities close to bedtime or working long hours without sufficient rest can negatively impact sleep quality. Poor sleep, in turn, can affect cognitive function and overall health. An overactive mind engaged in constant intellectual activities can lead to sleep disturbances. Insomnia or disrupted sleep patterns may result from an inability to quiet the mind before bedtime.

10. Reduced Creativity:

- Ironically, excessive intellectual pleasure in routine and structured activities might limit creativity. A rigid adherence to established patterns may stifle the exploration of novel ideas.

11. Neglect of Emotional Needs:

- Excessive intellectual pursuits may lead to neglect of emotional needs. It's important to address emotional well-being through activities that provide emotional satisfaction and fulfillment.

12. Risk of Addiction:

- Excessive engagement in certain intellectually stimulating activities, such as gaming or internet use, may lead to addictive behaviors. This can have detrimental effects on mental health, relationships, and overall functioning.

13. Perfectionism:

- A strong desire for intellectual satisfaction may lead to perfectionism, where individuals set unrealistically high standards for themselves. This can result in chronic stress, anxiety, and a fear of failure.

14. Lack of Work-Life Balance:

- Excessive focus on intellectual activities, especially in a work context, may lead to a lack of work-life balance. This imbalance can contribute to increased stress and decreased overall life satisfaction.

It's crucial to approach intellectual pursuits in moderation and maintain a balanced lifestyle that encompasses various aspects of well-being, including physical, social, emotional, and intellectual dimensions. Regular self-reflection and awareness of one's overall health and priorities are essential for maintaining a healthy and fulfilling life.

Possible Illnesses Come from Excessive Intellectual Behaviors

Excessive intellectual behaviors, especially when accompanied by stress, burnout, and neglect of other aspects of well-being, can contribute to various physical and mental health issues. While it's important to note that not everyone who engages in intellectual pursuits will experience these issues, here are some potential health concerns associated with excessive intellectual behaviors:

1. Mental Health Disorders:

- Anxiety Disorders: Constant intellectual stimulation and pressure can contribute to heightened anxiety, leading to disorders such as generalized anxiety disorder (GAD).

- Depression: Overemphasis on intellectual pursuits at the expense of social and recreational activities can contribute to feelings of isolation and, in some cases, depression.

2. Burnout:

- Chronic intellectual overload without adequate rest and recovery can lead to burnout. Burnout is characterized by emotional exhaustion, reduced performance, and feelings of cynicism or detachment.

3. Sleep Disorders:

- Persistent intellectual engagement, especially close to bedtime, may contribute to sleep disturbances such as insomnia or difficulty falling asleep.

4. Cognitive Fatigue:

- Continuous mental exertion without sufficient breaks can lead to cognitive fatigue, affecting concentration, memory, and overall cognitive function.

5. Impaired Immune Function:

- Chronic stress, often associated with excessive intellectual pressure, can suppress the immune system, making individuals more susceptible to illnesses.

6. Cardiovascular Issues:

- Prolonged stress from excessive intellectual demands may contribute to cardiovascular problems, including high blood pressure and an increased risk of heart disease.

7. Gastrointestinal Problems:

- Stress and anxiety associated with excessive intellectual behaviors can contribute to gastrointestinal issues such as irritable bowel syndrome (IBS) or stomach ulcers.

8. Headaches and Migraines:

- Persistent mental strain may contribute to tension headaches or migraines.

9. Social Isolation:

- Neglecting social interactions in favor of intellectual pursuits may contribute to feelings of loneliness and isolation, potentially impacting mental health.

10. Perfectionism-Related Issues:

- Striving for perfection in intellectual pursuits may contribute to conditions like obsessive-compulsive disorder (OCD) or other anxiety disorders.

11. Adverse Impact on Relationships:

- Excessive intellectual engagement can strain relationships, potentially leading to interpersonal conflicts and negative effects on mental health.

It's important to recognize that the relationship between intellectual pursuits and health is complex and varies among individuals. Not everyone who engages in intense intellectual activities will experience these issues, and some individuals may find intellectual pursuits to be beneficial for their mental well-being. However, maintaining a healthy balance in life, incorporating self-care practices, and being mindful of overall well-being are crucial for preventing potential health concerns associated with excessive intellectual behaviors. If someone is experiencing persistent physical or mental health issues, seeking professional advice is recommended.

How to overcome on negative impact of excessive intellectual pleasure

Overcoming the negative impacts associated with excessive intellectual pleasure involves adopting a more balanced and holistic approach to life. Here are some strategies to address these issues:

1. Set Realistic Goals:

- Establish achievable and realistic intellectual goals. Avoid setting perfectionistic standards that may lead to burnout and stress.

2. Prioritize Self-Care:

- Make self-care a priority by ensuring adequate sleep, regular exercise, and a balanced diet. Taking care of your physical health can positively impact mental well-being.

3. Establish Boundaries:

- Set clear boundaries for work and intellectual activities. Allocate specific times for focused intellectual pursuits and ensure there is time for relaxation, socializing, and other non-intellectual activities.

4. Cultivate Mindfulness:

- Practice mindfulness and meditation to quiet the mind and reduce anxiety. Mindfulness techniques can help bring awareness to the present moment and alleviate stress.

5. Foster Social Connections:

- Prioritize and nurture relationships with family and friends. Engaging in social activities can provide emotional support and a sense of belonging.

6. Diversify Activities:

- Include a variety of activities in your daily routine, both intellectual and non-intellectual. Engage in hobbies, outdoor activities, or creative pursuits to balance your interests.

7. Seek Professional Support:

- If you find it challenging to manage stress or negative impacts on your mental health, consider seeking support from a mental health professional. They can provide guidance and coping strategies tailored to your specific situation.

8. Practice Relaxation Techniques:

- Incorporate relaxation techniques such as deep breathing exercises, progressive muscle relaxation, or guided imagery to manage stress and promote relaxation.

9. Set Technology Limits:

- Establish limits on screen time and digital engagement. Excessive use of technology, especially for intellectual activities, can contribute to feelings of burnout and fatigue.

10. Embrace Imperfection:

- Accept that perfection is unattainable, and it's okay to make mistakes. Embracing imperfection can reduce anxiety and create a healthier mindset.

11. Evaluate and Adjust Priorities:

- Periodically reassess your priorities and adjust them as needed. Consider what truly brings you joy and fulfillment, and ensure that your pursuits align with your values.

12. Take Breaks:

- Integrate breaks into your intellectual activities. Regular breaks can help prevent mental fatigue and improve overall productivity.

Remember that finding a balance that works for you is a personal journey. It's essential to be mindful of your own needs, listen to your body and mind, and make adjustments as necessary. If the negative impacts persist or worsen, consulting with a mental health professional can provide valuable insights and support.

Remedies of illnesses that comes from excessive intellectual activities

Excessive intellectual behaviors, when taken to an extreme or not balanced with other aspects of life, may contribute to various mental health issues. It's important

to note that individual responses vary, and not everyone engaging in intellectual pursuits will experience these issues. Here are some potential illnesses or conditions that may be associated with excessive intellectual behaviors and some general remedies:

1. Burnout:

- Remedy: To address burnout, it's crucial to prioritize self-care. This includes setting boundaries, taking breaks, getting adequate sleep, and engaging in activities that promote relaxation.

2. Anxiety Disorders:

- Remedy: Cognitive-behavioral therapy (CBT), mindfulness techniques, and relaxation exercises can be effective in managing anxiety. In some cases, medication may be prescribed by a mental health professional.

3. Depression:

- Remedy: Therapy, such as cognitive-behavioral therapy (CBT) or interpersonal therapy (IPT), along with medication if necessary, can be effective in treating depression. Lifestyle changes, social support, and self-care are also important components.

4. Insomnia:

- Remedy: Adopting healthy sleep habits, practicing relaxation techniques, and creating a consistent sleep routine can help address insomnia. If the problem

persists, consulting a sleep specialist or healthcare professional is advisable.

5. Social Isolation:

- Remedy: Actively work on building and maintaining social connections. Join social groups, engage in community activities, and make time for regular social interactions.

6. Perfectionism:

- Remedy: Cognitive-behavioral therapy (CBT) is often used to address perfectionism by challenging unrealistic beliefs and setting more realistic standards. Learning to accept imperfections and mistakes is also essential.

7. Obsessive-Compulsive Disorders (OCD):

- Remedy: Cognitive-behavioral therapy (CBT) is a common and effective treatment for OCD. Exposure and response prevention (ERP) is a specific type of CBT often used for OCD.

8. Eating Disorders:

- Remedy: Treatment for eating disorders involves a multidisciplinary approach, including therapy (such as cognitive-behavioral therapy), nutritional counseling, and medical monitoring. Support groups and family involvement can be beneficial.

9. Attention-Deficit/Hyperactivity Disorder (ADHD):

- **Remedy:** Behavioral therapy, psychoeducation, and, in some cases, medication are commonly used to manage ADHD symptoms. A comprehensive approach that includes lifestyle adjustments and organizational strategies can be effective.

10. Stress-Related Physical Conditions:

- **Remedy:** Addressing stress-related physical conditions may involve a combination of stress management techniques (such as mindfulness and relaxation), lifestyle changes, and medical interventions as needed.

It's important to recognize the signs of distress early on and seek professional help if necessary. Mental health professionals, including psychologists, psychiatrists, and counselors, can provide tailored interventions and support based on individual needs. Self-awareness, a willingness to seek help, and a commitment to making positive lifestyle changes are key components of recovery and well-being.

How do I ignore a person whom I hate?

1. Try to avoid eye contact as much as possible, and if the person is getting really irritating, just pretend that someone else needs you and go to them.
2. Using your phone will also help you to ignore almost anyone.

3. Another way to ignore someone is to walk as quickly as possible. This will show that you're a busy person and you have no time to pay attention to anything.
4. Act busy, but not too busy..
5. Maturity is when you have the power to destroy someone who did wrong but you just breathe, walk away and ignore.

What are some useful facts that went unnoticed?

1. The way you treat yourself is the standard you set for others.
2. A successful man is one who makes more money than his wife can spend . A successful woman is one who can find such a man .
3. Sometimes following your heart means losing your mind.
4. The most beautiful woman is someone who’s happy and is always smiling.
5. The attractive thing about a woman is not in the clothes she wears, the figure that she carries or the way she combs her hair but Confidence in a humble way, not in an arrogant way. Sense of humor is definitely important.
6. The biggest asset in the world is your mindset.
7. Good looking people are trusted quicker by the subconscious mind. No clue why? But there’re many good looking manipulators. Trust by character not appearance.

8. Someone you've only known for ten days could have better intentions for you than someone you've known for ten years. Time means nothing; character does.
9. Don't let the world define your identity for you . They don't know you and likely they don't care about you.

What should I not do for mental peace?

1. You have to impress yourself not others and be the way you are , don't change for other .
2. Remove all the toxic persons from your life and start spending the time with the person who has positive vibes and mentally strong .
3. Stop blaming yourself for every situation or problem weather it's failed relationship or failed friendship or personal problems.
4. Everything happens for a reason which you might not know right now but you surely know later in your life.
5. Don't try to made yourself perfect for others. You always be villain in someone else story because everyone has different mentality so don't try to be **"THE PERFECT " .** No one is perfect, everyone has faults.

7 Strange challenges to take for best life

1. When mistakes are made, challenge yourself to learn from them rather than waste time on blaming yourself.
2. When you catch yourself overthinking things, challenges yourself to take a step forward instead.
3. When you have two good options, challenge yourself to go with the one that scares you, because it can help you grow faster.
4. When you're going to do something new, challenge yourself to do it with enthusiasm and devotion.
5. When you find yourself trying to control too much, challenge yourself to let go and enjoy the moment.
6. When someone treats you poorly, challenge yourself to treat them with kindness and respect.
7. When you catch yourself thinking the grass is greener elsewhere, challenge yourself to water the grass you're standing on.

What is something everyone should do at least once?

1. Compliment a random stranger.
2. Danced like a fool and not care who was watching.

3. Sing your favorite song in loud voice. Even if you are not good at it just sing- till your neighbor complains.
4. Give everyone a reason to remember your name.
5. Let go of unnecessary worry.
6. Any old/poor lady who sells vegetables in road side, buy from her and don't bargain. Give extra money to her. You will feel happier, even more. :)
7. Visit old age homes.
8. Give a powerful speech in front of your elders.
9. Fall in love, experience what is love.

True reality about life you should know

1. Stop looking for happiness in the same place you just lost it.
2. Reality is always much bigger and better than dreaming.
3. The goal of this life isn't to live forever; the goal is to create something that will.
4. When someone loves you, the way they talk about you changes dramatically.
5. The strange thing about real life is, when you do something stupid, it normally costs you.
6. You know that you're deeply in love when you start losing your sanity.
7. You know that you're heading somewhere when you start seeing fierce opposition.

8. Life has four dimensions. Love, hate, poverty, wealth.
9. Difficulty is not a problem; it's the only way life knows how to test your imagination.
10. Life requires great courage for those who would live it.
11. If you don't approach life like a small child, you will live it like an old man.
12. Before you make a bold move, think hard. Before you start speaking, listen hard.
13. Get busy living or get busy dying.
14. Sometimes you just need to wake up to the fact that this life is just a stopover where you get some rest, eat some food, refresh yourself, grow up, do some work, rest some more, and then move on.

10 Sad but true realities that contain deep lesson

1. When they tell you they don't love you, believe them and don't chase them.
2. When they tell you they might be in love with someone else, believe them and don't take it personally.
3. When they show you how they don't care about you when they are angry, draw a line and leave.
4. When they tell you they are confused about you, believe them and don't take it as a contest.
5. When they tell you they are incapable of loving you, don't sit and teach them how to love you.

6. When they tell you they can't be in the relationship with you, respect that and don't beg.
7. When they show you who exactly they are, stop visualising their potential.
8. When they consistently show you they can be inconsistent with commitment, believe them.
9. When they tell you they want to love you, but their actions fail to make you feel safe; believe them and let them be.
10. Fairness is unnatural. Nothing is 100% fair.

What's the fastest way to make a situation awkward?

1. Saying goodbye to someone and then walking in the same direction as them.
2. Telling a joke no one finds funny.
3. Laughing at someone and saying "that was a good one" only to find out they weren't joking.
4. Mistaking someone's name upon greeting.
5. Failing to come up with a sentence when trying hard to compliment something.

Signs That Tells About Someone's Lack Of Confidence

1. You never propose to your crush.
2. You have doubt on your own decision.
3. You fear from being rejected.

4. You are always in worry.
5. You never put your opinion.
6. You always avoid eye contact.
7. Even after reading first point, you won't propose to your crush.

07 Benefits of setting boundaries

1. Improves communication and understanding.
2. Helps us determine if someone is a good fit.
3. Lowers unrealistic expectations (e.g. people reading our minds)
4. Builds our self-trust and self-respect.
5. Encourages us to be more aware and in tune with ourselves.
6. Decreases the potential for burnout, anger, or resentment.

10 Paradoxes in life you should know

1. The people you think you can trust the most end up being the people you can trust the least.
2. People who need the most love and affection end up pushing people who love them away.
3. The people who give the most, were given the least when they were younger.
4. When you try really hard to avoid something. It ends up happening anyway.

5. If you are an honest person, most people won't trust you. If you are a deceitful person, most people will trust you.
6. When you get good grades it is because you studied. When you get bad grades it's the teachers fault.
7. When people are young their parents take care of them. When people get older they take care of their parents.
8. You have to be young and stupid before you can be old and wise.
9. We only appreciate our health when we get sick.
10. People who don't contact you when you are alive will come for miles to see your funeral.

This is not support but

1. Making excuses or justifying one's actions.
2. Lying to cover up someone's mistakes.
3. Taking on responsibility that's not ours, but theirs.
4. Ignoring or tolerating unacceptable/problematic behaviour.
5. Betraying ourselves in order to "be there" for them.
6. Not maintaining stated boundaries.
7. Solving other people's problems for them.

You attract who you are

1. If you are positive, you will attract more positivity.
2. If you are lazy, you will attract more lazy people.
3. If you are an eagle, you will attract more eagles.
4. If you are a reader, you will attract more readers.
5. If you are a lion, you will attract more lions.

10 Things that waste time

1. Waiting for inspiration.
2. Worrying about what people will say.
3. Complaining.
4. Trying to please everybody.
5. Comparing yourself.
6. Perfectionism.
7. Lack of priorities.
8. The fear of failure.
9. Not living your life.
10. Repeating the same mistakes.

Signs of mind's growth

1. You stop attacking people on your own insecurities.
2. You stop arguing for the sake of “being right”.
3. You stop giving your opinion on everything.
4. You stop asking for validation.
5. You stop living for your mind.
6. You stop trying to impress.

7. You stop blaming.

you can't make anyone understand

Why should you keep your life private?

1. If everybody likes you, you've a problem. You can't trust anyone with information about your personal life.
2. It's okay to vibe alone rather than feeling trapped in a room full of strangers. Less people, less drama and more alone time.
3. Being private, staying low-key and not telling everyone everything is self-care.
4. You don't owe anyone any explanation. You start putting yourself and your own happiness first.
5. Privacy removes the stress of waiting for validation from others and you no longer care what people think of your life, since they don't know anything about it.
6. Even some of your so-called friends could be gossiping. This alone may be a reason to keep your life as private as possible.
7. You know when to be alone and when to be with others. You know what to say to others and what not to. You know what you want and what you don't want. Just knowing that you've a safe outlet can get you out of so many storms.
8. Privacy gives you a chance to focus on what really matters.

Psychological Facts About Happy People

Those who are happiest tend to live significantly longer than those who are not. Happiness boosts our immune system, which can help us fight and fend off the common cold. Happy people tend to make others happier as well, and vice versa – those who do good, feel good!

Some strategies for increasing happiness in your life:**Take time to build quality relationships with supportive people**. Count your blessings and practice gratitude. Take time to engage in random acts of kindness. Respond actively and constructively, celebrating when others share good news with you.

- Happiness Has Power Over Your Immune System. ...
- Doing Good For Others Means Doing Good For Yourself. ...
- Some Extent Of Happiness Is Inherited. ...
- Floral Scents Can Make You Happy. ...
- Happy Are Those On Hourly Wages. ...
- Relationships Are More Important Than Money.
- Research suggests that happiness and other good vibes are extremely contagious.
- Some people are born with personalities capable of creating an 'affective reserve.' These people are able to use this reserve of happiness to cope better with life's difficulties.
- Mental health is the strongest indicator of happiness.

- Children find happiness in self-fulfillment through activities and hobbies, and relationships.
- While younger people are more likely to associate happiness with excitement, older people are more likely to associate happiness with peacefulness.

1. Every one wants to judge but no one wants to help.
2. To collect will not work every time but to share will work any time.
3. Life is about contributing not competing.
4. Humanity is far more productive than slavery.
5. Ego always be the reason of broken relationship.
6. Addiction is not the solution of problem.
7. It's very easy to run away from the responsibilities whereas, to stand and take the responsibilities demands brave heart.
8. Everyone demands truth but no one can bare the truth.
9. Technology is cornering the humanity.
10. Every one is pursuing the death.

Deep Things Every Person Should Avoid In Life

- **Regret:** Avoid living with regrets; learn from mistakes and pass ahead.
- **Toxic Relationships:** Steer clear of relationships that drain your energy and well-being.
- **Fear of Failure:** Don't let fear hold you back; failure is a part of growth.
- **Negative Self-Talk:** Avoid self-sabotage; exercise self-compassion and positive self-talk.
- **Living within the Past:** Don't dwell on the past; focus on the present and future.
- **Unrealistic Expectations:** Avoid setting unrealistically high standards; embrace imperfections.
- **Complacency:** Don't settle for mediocrity; strive for continuous development.
- **Resistance to Change:** Embrace changes; it's critical for personal and professional growth.
- **Ignoring Mental Health:** Don't neglect mental well-being; prioritize self-care and search for assistance.
- **Lack of Gratitude:** Avoid taking things without any consideration; cultivate a mindset of gratitude.

Useful Things People Have To Learn In Their 20s

1. You don't have close friends just friends. Most of the people you are around, are only there because of circumstances not really related to you in anyway.
2. The sooner you start focusing and planning on your life goals the easier it will be achieving them.
3. One of the most important thing you can teach yourself during your 20's is self discipline. This is the first thing we should learn and crave to achieve.
4. Life moves very fast, do things you enjoy at the moment cause our situations tend to also change as fast then we later feel like we missed out on somethings.
5. The more you expose yourself to the world around you, the more you expand your thinking horizons. Travel, socialize and live life don't lock yourself out of these important things.
6. Learn to cook a variety of menu's of proper home meals. Cooking is a very important skills much more as an adult.
7. You start using drugs as curiosity soon it becomes for fun later it becomes a dependency. The transition is so fast you barely realize it.
8. Learn about proper workout routines you can do to energize your body. You don't have to do hard exercise even if its just yoga. Its more

about something you can commit to that benefits you.

9. Reading and getting creative are ways to keep your brain sharp and generate new ideas. Make sure you read novels and try out the different forms of art around you.
10. Don't be selfish in your 20's, most of the things we hold on to are barely important in our 30's. Stuff like money, food, material possessions. Learn to share cause these memories are the ones that we keep. Be real with every real person around you.

What are some shocking truths about human life?

Mortality Reality: We all will die; mortality is universal.

Perception Variability: People perceive facts differently.

Life's Uncertainty: Uncertainty is a constant in life.

Suffering is Inevitable: Pain and suffering are a part of life.

Change is Constant: Change is the only constant.

Limited Time: Limited time to pursue dreams.

Subjectivity of Success: Success is subjective and varies.

Social Expectations: Society shapes subjective and caries.

Human Flaws: Imperfection is inherent in humanity.

Vulnerability to Loss: Loss is an inevitable part of life.

Inequality Reality: Inequality exists in various forms.

Individual Responsibility: We are responsible for our choices.

Emotional Turbulence: Emotional highs and lows are common.

Unpredictable Events: Life can be unpredictable and chaotic.

Subject to External Forces: External forces impact a person's life.

What are some psychological facts about attraction?

1. People are more attracted to those who are similar to them.
2. 2. People are more likely to be attracted to those who are confident.
3. 3. Physical appearance is not the only factor that affects attraction.
4. 4. People are more likely to be attracted to someone who is kind and understanding.

5. 5. People are more likely to be attracted to those who are optimistic and have a positive outlook on life.
6. 6. People are more likely to be attracted to someone who is humorous and can make them laugh.
7. 7. People are more likely to be attracted to someone who is interesting and has a variety of interests.
8. 8. People are more likely to be attracted to someone who is independent and has their own life.
9. 9. People are more likely to be attracted to someone who is passionate and driven.
10. 10. People are more likely to be attracted to someone who is reliable and trustworthy.
11. Curious about understanding the psychology behind attraction? Check out the link in the bio to learn more about the facts and theories behind it!

Quotes that hit hard

1. Someday someone will break you so badly that you will become unbreakable.
2. The prettiest smile hides the deepest secrets. The prettiest eyes have cried the most tears and the kindest hearts have felt the most pain.
3. If it makes you happy, go for it. People gonna talk about you anyways. So don't care about them.

Psychological Tricks You Can Use To Control Someone

1. If you want to make someone nervous, look at their feet.
2. If someone interrupts you while talking, keep talking. They will be awkward and stop.
3. If someone is looking at you, look at their shoes, they will stop.
4. To avoid work place drama and be liked, complement people behind their back
5. If you want to win argument, ask the other person questions, so they have to question their logic.
6. If you have a gun to your head, look at the killer in the eyes.
7. If you want people to listen to you more attentively, start your sentence with "I didn't really want to tell you but".

psychological facts that people don't know

- The behavior of people is affected by bodily sensations and feelings. There is a robust association between "heaviness" and such options as "importance" and "seriousness."

- A woman can solely argue with somebody she cares for. Arguing less occurs when she's less interested.
- When people are making a buying decision, the more complex the decision to be taken is, the more people tend to leave things as they are. If the store has too much choice for people to make, and people cannot immediately find out which products are better, most likely they will leave without buying.
- People are more inclined to commit immoral acts when no one is checking on them, and they do not have to answer to anyone.
- Asking for advice is a powerful way to influence others and warm them to you.
- Lying needs additional mental effort than telling the reality. A person who is lying uses more muscles because he/she has to keep in mind the truth at the same time as the lie to hide the fact.
- When a bunch of individuals laughs, people will instinctively look at the person they feel closest to in that group.
- Behavior and habits affect morality. People who lie more often will soon sink into more deep-seated immorality than they were before they started lying.
- Sometimes, the only way to yearn for someone's attention is to stop giving them yours. Some people love the attention, and when it ends, they'll navigate their attention back towards you. The cycle then repeats.

- Attractive and honest appearance can easily be misleading. People tend to trust the impression more than sincerity.
- Your brain loves intimacy, be it emotional or physical. Familiarity makes the brain feel re-assured that 'I am important; people value me, love me.'
- Anger increases the desire of covetousness in people. People who make more effort to acquire material possessions tend to be associated with angry faces
- When people work under the illusion they're are being watched, they perform better and also behave better.

What is the mean of psychology?

Understanding the Mind:

- Psychology seeks to understand how our minds work, including our thoughts, emotions, perceptions, and memories.

Exploring Behavior:

- It investigates human behavior, looking at how people act, interact, and respond to various situations and stimuli.

Scientific Approach:

- Psychology follows a scientific approach, using research methods and evidence to study and

understand human thoughts, emotions, and behaviors.

Individual Differences:

- Psychology recognizes that each person is unique, with different experiences, personalities, and perspectives that influence their behavior and mental processes.

Mental Health and Well-being:

- Psychology focuses on mental health and well-being, including factors that contribute to psychological disorders, and methods for promoting mental well-being.

Development Across Lifespan:

- It examines how individuals develop and change throughout their lives, from infancy to old age, and investigates the factors that shape human growth and development.

Social and Cultural Influences:

- Psychology considers the impact of social and cultural factors on human behavior, recognizing that our interactions with others and our cultural backgrounds shape our thoughts and actions.

Applied Areas:

- Psychology has practical applications in various fields, such as clinical psychology (helping individuals with mental health issues), educational psychology (improving learning

and teaching methods), and organizational psychology (enhancing workplace dynamics).

Problem Solving and Treatment:

- Psychology provides tools and techniques to address personal and societal issues, offering strategies for problem-solving, therapy, and interventions to enhance well-being.

Self-Reflection and Self-Improvement:

- Psychology encourages self-reflection and self-awareness, helping individuals gain insights into their own thoughts, emotions, and behaviors, and supporting personal growth and improvement.

Psychology is a broad and diverse field with many sub-disciplines and areas of specialization. Its ultimate goal is to enhance our understanding of the human mind and behavior, promoting well-being and improving people's lives.

Beautiful advices for you

Here are 10 beautiful advices for you:

1. **Be kind to yourself.** You are your own best friend, so treat yourself with the same love and compassion that you would treat a friend.
2. **Don't compare yourself to others.** Everyone is on their own journey, so focus on your own path and don't worry about what others are doing.

3. **Be grateful for what you have.** It's easy to focus on the things that you don't have, but it's important to take the time to appreciate the good things in your life.
4. **Let go of the past.** Holding on to grudges and regrets will only weigh you down. Forgive yourself and others, and move on.
5. **Live in the present moment.** Don't dwell on the past or worry about the future. Focus on the present moment and enjoy each day.
6. **Be open to change.** Life is always changing, so be willing to adapt and grow. Don't be afraid to step outside of your comfort zone.
7. **Follow your dreams.** Don't let anyone tell you that you can't do something. If you have a dream, go for it!
8. **Help others.** Helping others is a great way to make the world a better place and to feel good about yourself.
9. **Be positive.** A positive attitude can make a big difference in your life. Choose to focus on the good things and see the best in every situation.
10. **Be yourself.** Don't try to be someone you're not. The world needs more people who are authentic and true to themselves.

Things You Should Never Try In Life

- Never try to impress others. Just be you.
- Never try to understand why someone does not like you. Accept it and move on.

- Never worry about what others think about you. It's none of your business.
- Never try to juggle multiple relationships at the same time. It never ends well.
- Never try to get ahead by walking on the backs of others. It's a dark, lonely road with a dead end.
- Never try to be the smartest person in the room. You will end up looking like a fool.
- Never try to take pleasure in other people's misfortunes and failures. Karma has a way of finding you quickly if you do.
- Never try to brag or talk about yourself without end. You will end up being the only one listening.
- Never forget to say "please", "thank you", "sir" and "ma'am". Manners never get old.
- Never try to help others because you expect something in return. It takes away the good feeling. Plus, you will be disappointed.

What are some hacks that everyone should know?

- About 90% of heart attack occur early in the morning and it can be reduced if one takes a glass or two of water before going to bed at night. We know water is important but never knew about the special times one has to drink it.

- Put a sticker with a fake pin on your debit card. If someone tries to use it 3+ times, the atm will eat the card.
- To remove chewing gum from clothes keep the cloth in the freezer for one hour.
- Need to test a printer? A print the google homepage, it has all the colors and uses almost no ink.
- To whiten white clothes soak white clothes in hot water with a slice of lemon for 10 minutes.
- Confusing wikipedia article? Click "simple o english" on the left list of languages and it'll whisk you to a simplified version.
- Ants problem: ants hate cucumbers. Keep the skin of cucumbers near the place where they are or at ant hole.
- If you drop an earring, ring or small screw, simply turn off the lights and look with a flashlight. They'll light right away.
- To get pure & clean ice boil water first before placing in the freezer.
- You can clear a room full of cigarette smoke in about a minute simply by spinning a wet towel o around.
- To give a shine to your hair vinegar add one teaspoon of vinegar to hair, then wash hair.
- When you go to a zoo wear the same colors as the employees do. The animals will come right up to you.
- To make the mirror shine clean with sprite.

- You can predict your future adult height with almost 100% accuracy by doubling your height at age of two.
- To get maximum juice out of lemons soak lemons in hot water for one hour, and then juice them.
- To avoid smell of cabbage while cooking keep a piece of bread on the cabbage in the vessel while cooking.
- To avoid tears while cutting onions use "chew gum"
- Remove unpleasant odor in smelly shoes or gym bags by placing dry teac bags in them.
- To boil potatoes quickly skin one potato from one side only before boiling.
- To remove ink from clothes put toothpaste on the ink spots generously and let it dry completely, then wash.
- To get rid of mice or rats sprinkle black pepper in places where you find mice & rats. They will run away.
- Your personality has its own smell. People can guess characteristics of personality just by your smell, because the body emits hormones and pheromones that we can detect in sweat.

Life-Changing Psychology Hacks for Everyday Use

1. If you're annoyed that someone is staring at you, shoot them a kiss, usually gets them to look away.
2. Telling irritating person they have something in their teeth will make them feel uncomfortable and weird and put an end to their stupid behavior.
3. If you pretend to be repulsed by an odor, nobody will suspect you as the source.
4. Smile and pat the seat next to you on public transportation to discourage others from sitting there.
5. Looking at your opponent's hairline several times can subconsciously lower your opponent's confidence.
6. When someone is trying to bully you, don’t react. Just stare blankly and say, 'Are you okay?'
7. Purposefully changing your posture can help you feel better and more confident during a stressful interview.
8. Insulting your opponent before choosing rock, paper, scissors increases the likelihood that they will choose scissors.

9. When someone is showing or demonstrating something, slightly open your mouth (just by a centimeter) to appear intrigued and fascinated.
10. Never stand anywhere for more than 60 seconds and you'll always look busy. Also, walk fast...

Important Challenges To Take For A Better Life

- When you have two good options, challenge yourself to go with the one that scares you, because it can help you grow faster.
- When mistakes are made, challenge yourself to learn from them rather than waste time on blaming yourself.
- When you catch yourself overthinking things. challenge yourself to take a step forward instead.
- When you're going to do something new, challenge yourself to do it with enthusiasm and devotion.
- When you find yourself trying to control too much. challenge yourself to let go and enjoy the moment.
- When you catch yourself thinking the grass is greener elsewhere, challenge yourself to water the grass you're standing on.

- When someone treats you poorly, challenge yourself to treat them with kindness and respect.

Realities You Should Accept To Make Your Life More Happy

- **Impermanence:** Accept that everything is temporary, both joy and sorrow.
- **Self-Responsibility:** Realize you have control over your reactions and choices.
- **Constant Change:** Embrace change as a natural part of life's evolution.
- **Unpredictability:** Life is unpredictable; flexibility is fundamental to happiness.
- **Other's Opinions:** You cannot control others' opinions; focus on self-approval.

Past Mistakes: Learn from mistakes; they may be possibilities for growth.

- **Comparison Trap:** Avoid comparing your journey with others; it's unique.
- **Expectations:** Manage expectations; reality can also differ from ideal situations.
- **Loss is Inevitable:** Accept that loss is part of life; appreciate what you've.
- **No Perfect Outcome:** There's no perfect solution; the intention for progress, is no longer perfection.

How do I build a character?

Part 1 of 3:Gaining Experience

1. Take risks.

Like an athlete needs to learn to lose to better appreciate a victory, a person needs to risk failure in order to build character. Character is built when a person moves out of their comfort zone and faces the possibility of failure. Learn to push yourself toward success, handle coming up short, and become a better person regardless of the outcome. Taking risks means committing to challenging projects that might be too difficult to take on.

Put yourself out there. Approach the cute the barista and risk getting shot down when you ask for a date. Volunteer for extra responsibilities at work, even if you're not sure you'll be able to do them. Decide what you want out of life and grab it.

Don't come up with reasons to not do things, look for reasons to act. Take a risk by going on that rock climbing trip with your friends, even if you haven't learned how to do it and are worried about embarrassing yourself. Take a risk by applying to those graduate schools with small student bodies. Don't invent excuses, invent reasons.

Building character doesn't mean acting recklessly when it comes to your safety. Driving recklessly, or abusing substances has nothing to do with building character. Take productive risks.

2. Surround yourself with people of high character.

Identify people in your life that you respect, people who you think exhibit desirable character traits. Decide what you want to be like, what makes the best version of yourself, and find people like that. Then, pay attention to what makes them successful, and try to learn from that.

Hang out with people who are older than you. Increasingly, we spend less and less time as a culture learning from our elders. As a young person, make it a goal to befriend someone much older than yourself and learn from their perspective. Spend time with older relatives, talking and learning.

Hang out with people very different than you. If you tend toward a quiet and reserved personality, you might think of someone with an uncensored and loud way of talking has good character, and can learn to loosen up a little bit and speak your mind.

Hang out with people you admire. The best way to build character is to hang around people you admire, who you want to be like, and who you can learn from. Don't surround yourself with sycophants or convenient friends. Befriend powerful people you want to model yourself after.

3. Get out of your comfort zone.

Building character means learning how to handle tough or uncomfortable situations. Volunteer helping at-risk kids after school, or spend time doing mission work through your church. Head to a local black metal show and see what it's like. Find ways to shake up the status

quo and understand other people on a complicated level.

Travel to uncomfortable places and figure out how to make yourself feel at home. Walk around a town you've never been in and get someone to ask you for directions.

When you're trying to come up with ways to get out of your comfort zone, think about the things you liked when you were younger. You might go back to an old hobby, for instance, or you might try something that you used to think would never be possible.

4. Get a job that isn't fun, at least once.

Mopping up the gunk under the meat grinder at the fast-food restaurant? Toiling under a hot summer sun mixing mortar? Dealing with angry customers at the shoe store? Less than desirable ways to spend your Saturday afternoons, it's true, but having difficult jobs is an excellent way of building character. Money becomes more valuable and more meaningful when you see what it takes to make it in the world.

Having a bad job helps you learn a lot about the way different business work, and the struggle some people face. Working at McDonald's is a difficult and dignified job and a person of high character will recognize that. Be a more open-minded and understanding person by working.

5. Commit to self-improvement.

Building character is an essential part of life-long learning. If you want to be a person that other people look to for inspiration, someone respected in your community and spoken of as a person of high character, make an active effort to improve yourself day in and day out.

Take small steps toward building your character. Pick one thing that you'd like to work on at a time. Maybe you want to be a better listener with your partner, or be more committed at work. Take it a day at a time and build the skills slowly. Don't try to take everything on at once. You'll do better when you focus on one new skill or trait at a time.

It's common to look back on yourself in your younger years and be embarrassed. Bad haircuts, outbursts, and immaturity. Don't be embarrassed. Take your embarrassment as a sign that you're building character.

Part 2 of 3:Becoming a Leader

1. Learn to empathize.

Found among Lincoln's papers after his death was a stern note to a particular general who had failed to follow orders, in which Lincoln wrote that he was "distressed immeasurably" at the general's conduct. It's harsh, personal, and cutting. Interestingly enough, the note was never sent, probably because Lincoln–a great leader by any standard–had learned to empathize with the general, who had seen more blood at Gettysburg than Lincoln

could have imagined. He gave the general the benefit of the doubt.

If a friend stands you up when you had plans, or if your boss fails to mention all the hard work you put in at a meeting, a person of character will let it slide sometimes. Learn from the past and be more cautious and calculated with your expectations next time.

A person of character focuses on the bigger picture. Tearing the general a new one would have accomplished nothing but alienating him from Lincoln, making the situation worse. What's done is done, and what's past is past. Try to focus on the future.

2. Let yourself vent in private.

Just because Lincoln didn't send the letter doesn't mean it wasn't important for him to write. No one, no matter how strong of character, can be made of ice. You're going to get angry, frustrated, and upset. That's a part of life. Burying those emotions into the depths of your person won't help you build character, so it's important to make room for venting sometimes, but in a private way that'll keep your public character safe. Find a relaxing activity to help you process frustrations and anger, so you can let it go.

Write angry screeds in a notebook, then tear it out and burn it. Listen to Slayer while you lift heavy stuff at the gym. Go running. Find a physical and healthy way to get the frustration out of your system and let it go.

On House of Cards, Frank Underwood, stoic and sleazy politician, likes to blow off steam playing violent video games after a long day of cutting deals in the House of Representatives. It's more than just a funny character trait: everyone needs a way to unwind. Find yours.

3. Open up to a variety of people.

A person of character is able to communicate openly with lots of different kinds of people. Don't be insular. character comes from learning as much as you can from different sorts of people. Have long talks with the guy at the BBQ joint you frequent, and with the bartender, as well as your coworkers, your friends, and your family. Listen to what they have to say. Be honest with them. This helps to build character.

If you need to vent, find mutually-beneficial vent partners and meet up to open up with each other. Then talk about other things and focus on happier times. Don't just dwell on the bad.

4. Lose graciously.

As James Michener once put it, character has to do with what you do on the third and fourth try, not the first. How do you approach a difficult or a losing situation? Learn to face defeat and lose graciously and you'll start building strong character traits.

Compete at little things to help learn this skill. It's hard to learn to lose graciously when you're talking about major, life-changing competitions, like getting into college, competing for a job, or more serious competitive

moments. Build these traits playing board games, sports, and other littler ways of competing, so you can have the essential foundation for the more important stuff.

Be a good winner, too. Remember how it feels to come up short and neither condescend nor criticizer the loser. Celebrate in private, but celebrate.

5. Challenge yourself with difficult goals.

A person of character should lead by example, taking on challenges that won't come easily. Whether at school, work, or wherever you are, take on difficult projects and commit to doing them the right way.

In school, don't challenge yourself to get "good grades," challenge yourself to do the best work that you're capable of doing. Maybe an A isn't high enough for what you can achieve.

At work, volunteer for extra responsibilities, put in extra hours at the office, and go above and beyond each time you do your work. Whatever you do, do it right.

At home, commit to bettering yourself in your free time. Nights that might be spent aimlessly shuffling things around your Netflix queue could be spend learning guitar, or getting cracking on that novel you've always wanted to write, or fixing up that old roadster. Take your hobbies seriously.

Part 3 of 3:Growing and Maturing

1. Use setbacks as fuel.

FailCon is a Silicon Valley conference that celebrates failure as an essential part of success. Failure is just a speed bump on the way to getting what you want, eliminating one possibility from a list of possibilities. Fail early and fail often, take your licks, and learn what you can the next time you reorganize and set yourself up for a better outcome.

Go about failure in a scientific way. If you started a company that ended up bankrupt, or if your band just broke up, or if you lost your job, welcome the failure. There, you might say, was one wrong answer that you can check off the list of possible right answers. You're just making your job easier.

Remember that often you get more from the journey than you do the destination. Try to enjoy the progress you make, including the failures, shortcomings, and false starts that get you there.

2. Stop looking to others for approval.

Sometimes psychologists talk about inner and outer locus of control. People with an "inner locus" are satisfied from within, looking to satisfy themselves and worry less about what other people think. People with an outer locus, on the other hand, are pleasers. While self-sacrifice can seem like a character trait that's desirable, pleasing others to please yourself keeps other people in the driver's seat. If you want to take control of your life and your developing character, learn to worry about doing what you think is right, not what your boss, your partner, or other forces in your life tell you.

3. Think big.

Dream your dreams and define big goals for yourself. What would be the best possible version of your life? Jump in headfirst. If you want to be a professional musician, move to the big city, form a band, and start gigging. Make no excuses. If you want to be a writer, find a job that gives you ample time to practice your craft and set a word-count goal each day on your novel. Write like mad. Aim for the top.

A person of high character is also someone satisfied with what they have. Maybe for you, staying in your hometown, marrying your sweetheart, and having some kids is the best possible life you can imagine. Go for it. Pop the question and be satisfied.

4. Find a ladder and start climbing it.

Decide what you want and find the route that will take you to it. If you want to be a doctor, figure out what medical schools will give you the best chance of getting a job, and commit to the grind of getting through the med school and residency process. Throw yourself into the work and the learning. Grab the brass ring.

When you're trying to find your purpose, think about how you're interested in giving back to the world. Then, use that as a starting point for the direction you want to go.

5. Learn to recognize and embrace your defining moments.

Defining moments are easy to see in retrospect. Moments in which your mettle was tested, or your character was put to a challenge. A person of character will learn to recognize and anticipate those moments, to figure out what you might regret doing, or not doing, in the future, and making the right choice. There's no one way to do this, but it's got to do with how honest and familiar you are with yourself.

Try to imagine all the possible outcomes of a given situation. If you're thinking about moving across the country to pursue a career in acting, what might happen? What will happen if you stay? Can you live with either outcome? What does it mean to "make it"?

A person of high character, when recognizing defining moments, makes the right decision. If you're being tempted to stab a coworker in the back to get ahead, is it the right choice for you if it comes with a bigger paycheck? Will you be able to live with it? Only you can make that call.

6. Stay busy and avoid idleness.

People of high character are doers, not talkers. When you decide to act, don't put your plan somewhere in the hypothetical future, roll it into motion right now, this second. Start doing what you want to do today.

People of high character avoid indulgent behavior. Sleeping the day away, staying out all night drinking, and loafing around for no reason are not generally the

behaviors of people high in character. Be a moral compass, not a beacon of sloth.

Try to align your hobbies and your work as much as possible. If you enjoy reading books and daydreaming, go into academics and put your poetic senses to good use. If you like punching heavy bags, become a gym rat and start working at the gym. If you're doing what you want to do, you'll build character.

Tips to control your emotions

1. Don't react to insults, but never forget them.
2. Always control your facial expressions.
3. Never take anything personal.
4. If you react to ladies you are weak.
5. Positive self talk, say your name and tell " you can do this".

Most Brilliant Methods For Managing Oneself

1. The less you start trying to control what isn't in your power, the more liberated you'll feel in life.
2. Don't spend so much time trying to be more physically attractive in order to just impress your crush rather than making yourself mentally attractive.

3. Everything changes when you realize your diet isn't just what you eat . It's what you watch, what you read , who you follow and who you spend time with.
4. Good things happen and bad things too. You want the good things to happen, but the problem is that you're always thinking of what could go wrong.
5. Educate yourself, address your recurring toxic thoughts, deal with your insecurities and learn to be happy on your own.
6. The " do good, but I hope you don't do better than me" kind of connections aren't much of a connection at all . Hope, you're able to discern between the people that help you in your elevation and those that clip your wings with their energy.
7. It's okay to be horny. It's okay to feel angry. Just don't let it to control you, you will sort it out.
8. You need to develop skill to see the best in situations . It doesn't mean you avoid reality but you realize that there's no point in complaining.

Basic social rules everyone should know

1. Don't ask a childless or newly married couple when they are having kids. You never know what they are going through.

2. If someone is about to go out through the door you just came in from, then push it open again for them.
3. It is polite to decline the first offer of seating, food, drink, etc. Accept the second offer.
4. Don't start an argument with anyone who's hungry or tired.
5. Don’t call someone more than twice.
6. When someone lends you money, return it on time with something more. For example, a small basket of fruit or food that you personally cooked.
7. When eating out with friends, and your order came out first, wait until everyone has their food.
8. Don’t ask the single girl or guy when is she/he going to get married either.
9. Don’t judge or make fun at the way a man makes his income. You have no idea how they came up to that situation.
10. Regardless if your buddy is a real jerk or not, **Don't** make him look bad in front of a girl he likes.

How to lead an interesting life?

1. Spend time with interesting people.
2. Do something you'd never dream of doing.
3. Say “yes” to different opportunities.
4. Do whatever you are passionate about.
5. Get rid of what bores you.

6. Share your stories to your friends.
7. Believe in “fail forward”.
8. Travel to different countries.
9. Have great curiosity like a kid.
10. Learn something new.

Tips That Can Save Your Life

1. If you're being kidnapped, don't say “Help", instead say “Fire". It attract people's attention.
2. If you encounter with brown bear in jungle then lay down. If you encounter with black bear then fight back.
3. If you got stabbed, don't pull out the knife unless you can't breathe.
4. If a Car/Van is following you, run the other way because car are slow at reversing.

Signs you are an attractive person

1. When you're not good looking in camera or pictures but you're good looking in the mirror.
2. When you are in public and many people stare at you.
3. When a kid complements you.
4. You frequently catch someone's attention.
5. When babies stare at you and smile.
6. When you are a simple person but many people have crush on you.

5 Types of people, according to their traits and personality

1.Extrovert

- People who likes to interact.
- They enjoy being the center of attention.
- They are sociable, active, friendly and enjoy working in teams.
- They are often called "the talkers"

2. **Introvert**

- Someone who is quiet and reserved but not necessarily shy.
- The ones who prefer thinking over speaking.
- They can socialize but in a limited time only.
- They're more likely to be independent.
- They're often called "the listeners".

3. **Ambivert**

- They have the qualities of both introvert and extrovert and can balance.
- They can socialize but also needs time alone.
- They are comfortable for both personalities and can easily adapt situations.

4. **Omnivert**

- They can assume the personality of both an extrovert and introvert.
- They have a dual personality depending on the situation they're in.
- They can't easily adapt.

- They cannot maintain balance between introversion and extroversion.
- They have inconsistent behavior.

5. **Textrovert**

- People who are funny and expressive in texts but shy in person.

Social Skills Can Learn From Experiences

1. Never say "No" for any favour asked, immediately, to anyone. Ask for some time to think, and later on reply negatively.
2. Never share your secrets with the person who shares the secrets of other people with you.
3. Be the first one to smile in a metro, in your office, anywhere.
4. The less you speak, the more curious people get. So, keep your mouth shut if you want to be interesting.
5. Be the first one to initiate a hand shake. And make sure it's firm.
6. Don't interrupt in a conversation. Listen politely.
7. Always keep your voice low.
8. Keep your mouth closed when you chew food.
9. Hold your significant other's hand whenever attending a meet up or a function. It shows the strength of your relationship.

1. If a guy is praising about other girls, doesn't mean he is in love with her. Don't take it in a wrong way.
2. Treat others the way, you want to be treated.
3. Dreams remains dream until you take action.
4. Keep calm when you are in a problem.
5. Upgrade yourself with the world.
6. Keep faith when someone tries to solve your problems.
7. Don't try to impress everyone.
8. Always stay honest to yourself.
9. Everyone can teach you something, You just need to create learning skills.
10. Don't go for shortcuts.

What just screams green flags about someone?

1. They listen to you attentively and show genuine interest in what you have to say. They don't interrupt you, judge you, or try to change the topic.
2. They respect your boundaries and preferences.
3. They don't pressure you to do something you don't want to do, or make you feel guilty for saying no.

4. They accept your choices and support your decisions. They don't invade your privacy or personal space without your consent.
5. They are honest and consistent. They don't lie to you, manipulate you, or play games with you.
6. They keep their promises and follow through on their commitments.
7. They admit their mistakes and apologize when they are wrong.
8. They celebrate your achievements and comfort you in your failures.
9. They are fun and positive. They have a good sense of humor and can make you laugh.
10. They are optimistic and hopeful about the future. They enjoy spending time with you and share your interests and hobbies.

How to become dangerous and impressive?

1. Look into people’s eyes no matter who they are.
2. Never appear stressed, always act calm.
3. Don't show your weakness, don't let people use it against you.
4. Dress classy , always wear a watch.
5. Never respond immediately, wait a few seconds, then respond coldly and briefly.
6. Speak slowly, it shows your self confidence in what you are saying.

Psychological Hacks No One Knows

1. Cuteness inspires aggression, which is why we often want to squeeze things we find cute.
2. If you speak & encourage yourself in-front of mirror, you'll be mentally strong.
3. Daydreaming is said to help people focus on what they really want in life.
4. Studies have shown that people who dress well; feel better about themselves & are generally happier.
5. Those who get out of bed by 7 am are likely to be happier and thinner.
6. Depression is the result of over thinking. The mind creates problems that don't even exist.
7. You can't read in a dream, because reading & dreaming are functions of different sides of the brain, which do not co-operate while sleeping.
8. Your mind can sense someone staring at you even when asleep.
9. We only sustain a high level of concentration, for 10 minutes.
10. The colour blue causes the brain to release relaxing hormones

As you mature, the more you realize

1. People tell you exactly who they are and it's your job to listen.
2. Winning an argument is not as important as finding a solution.
3. No one has it all together.

4. Trusting your gut the first time is usually the best option.
5. You can't control other people.
6. Being honest could save you a lot of time.
7. Childhood, although short, was very impactful.
8. Life is too short to stay in unhealthy relationships.
9. Having a support system improves your mood and quality of life.
10. Everything and everyone is not worth your energy.

What's the greatest secret of life?

1. Your future depends on many things, but mostly on you.
2. Whatever you think and feel will decide your life.
3. Sometimes, you prefer being with someone who doesn’t complicate your life.
4. Sometimes, when we don’t have the courage to change, everything changes around us to direct us to a new path.
5. Whatever you decide to do, make sure it makes you happy . Feeling happy now is the fastest way to bring money, health, joy & fame, along with great relationships into our lives.
6. Our current thoughts are creating our future life . What we think about the most or focus on the most will appear in our life.

7. Explaining your feelings to someone is never easy. People won't always tell you how they feel but they'll show you without trying to understand you.
8. We'll never run out of good things because there's more than enough to go around for everyone. Life is meant to be abundant.
9. Treat yourself with love & respect and you'll attract people who show you love & respect.
10. To attract money, focus on wealth. It's impossible to bring more money into your life when you focus on the lack of it.

Amazing! don't that'll change your life positively?

1. Don't waste your precious time arguing with someone who's deaf to your perspective.
2. Don't keep waiting for someone who's already moved on.
3. Don't exhaust yourself by over-explaining and over-sharing until you sense an equal energy of responce. Remember, you deserve to invest in those who value and appreciate you!
4. Don't bother dwelling on and pursuing someone who couldn't care less about you.
5. Don't let yourself be consumed by desperation for something or someone that's negatively impacting your mental well-being each day.

Problems are a condition, being human accept them

1. Learn the root cause of your problem, as soon as you find you won half the battle right there.
2. Always try to be positive and open- minded; a person with a narrow-minded invites more problems in their life. Positive minds people almost have a solution to every problem in life.
3. Have patience; Success comes to those who keep on trying and have believe in theirselves.
4. We rarely find helpful people around these days but still try to share your problem with someone you think is trustable. Seek for help rather than facing the problem all along. Sharing problems will relax your stress a little and who knows you will find a solution from that person.

Weird Psychological Facts About Quite People

1. Quite people talk alot around people that are close with.
2. Quite people are possessive and emotional and don't like to share love and time of their friends/partners with anyone else.
3. They keep their feelings and pain inside, they think that no one will care.
4. They're shy. They can't maintain eye contact.
5. They only have 1–3 friends.

6. They have got the cutest smile and weirdest laughter.
7. They have too much anger and don't get pissed off.
8. They are really loyal in most relationships.
9. Once they get comfortable with you, they get wild and crazy/fun.

Experience based 12 things everyone should know

1. They say I can't live without you, but they never die for you.
2. Do not let yourself down in front of others.
3. Wearing branding clothing doesn't show your living status, but your personality does.
4. Do not share your personal life on social media platforms.
5. If you have two options: being kind or being right, Always choose right.
6. Do not hurt anyone with your words. People forget actions, but not words.
7. Do not expect anything from anyone.
8. Don't let people decide your future.
9. Life is too short to hold grudges; leave them and move on.
10. Respect yourself and also respect others.
11. Don't let people take you for granted. Value yourself.
12. Be financially strong and don't waste money on materialistic things.

Sad but true!

1. People always use innocent people for their personal purpose.
2. Money can buy happiness. Sometimes, It can buy love, respect and other things.
3. People lie, cheat and steal.
4. Death is inevitable.
5. People will always disappoint you.
6. Good things don't always last.
7. You can't always trust people.
8. Bad things happen to good people.
9. Your own family and friends are jealous of your progress.

05 Habits people won't tell you?

1. Rich people don't use money to show off. Rich people use their money to make more money.
2. Never show off keep winning in private. Not everyone wants to see you winning.
3. Earn money while sleeping is the ultimate flex.
4. Single minute of procrastination can destroy a month of hard work and discipline.
5. Like minded people who treat you to better is the real game changer.

What is something you learned too early in your life?

1. Don't sit at the table where you might be the topic when you get up.
2. The only person who's stopping you from your dre Don't ams is staring at you in the mirror.
3. Remember that you become what you believe.
4. Being not good looking is very bad for the society. People will just look at your face & conclude that you're wicked,
5. Don't let your mood control you. Learn to control your mood, so you can regain your personal power and control your whole life.
6. Sometimes you can't explain what you feel for a person.
7. Don't be afraid of rejection and pain. Be afraid of not making moves because that leads to learning nothing and only stagnation.
8. No one can make you feel inferior without your consent. Never forget.
9. You won't find passion sitting on the couch. Enjoy your life.
10. Avoid making your brain a garbage dump for empty, shallow media . Read. Write. Learn skills.
11. Circle of friends should be small. Choose quality over quantity.
12. Your kids will always come first in priority, but that doesn't mean you've to lose yourself in the process.

How do we bring our life back on track?

1. Trying to control anything or anyone will attract a life that's out of control.
2. As humans, the more we've, the more we want: Sex, money, success and this is good but too much of one thing won't make you happier, only obsessed about it. So in every pursuit, often question yourself why you do the things you do,
3. What you lack is what you need. If you're broke, you need money. If you're obese, you need fitness. Ask yourself, the absence of which thing hurts you the most. After you get the answer, work to alleviate the pain.
4. Strangely, life gets harder when you try to make it easy . Exercising might be hard, but never moving makes life harder. Uncomfortable conversations are hard, but avoiding every conflict is harder. Mastering your craft is hard , but having no skills is harder . Easy has a cost ,
5. You'll never see if you don't believe. Believing is seeing.
6. Positive thinking is not the same for everyone. Positive thinking is thinking thoughts of what you love.
7. Just being consistent and persistent in whatever you do will open unimaginable doors for you. Play the long game. Nothing worth achieving is attained instantly.

8. If your body conveys fear, you'll never feel comfortable interacting with the world around you. It's how you move and how you present yourself to the world at large . It matters.
9. You'll always feel like there's too much to do and not enough time. Relax . Enjoy what you're doing. Put in more work every day. Believe in your own growth .
10. There's nothing better for your life circumstances than you feeling happy. When you're happy, problems tend to solve themselves and things fall into place easily.

15 Top tricks of psychology that everyone should follow

1. When someone insults you, don't hit them, hit the exit button and eject them from your life.
2. Respect everyone irrespective of anything, until they disrespect you.
3. Don't judge people too quick, at least test them first.
4. You must accept your weaknesses with pride and use your strengths to deal with the world.
5. Kick out expectations from your mind.
6. Don't make excuses, make it work.
7. Don't argue with fools, smile and ignore.
8. When you feel lazy, sleep, when you wake up, finish all your tasks without looking at time.
9. Don't seek approval from others, seek approval from facts and research.

10. Your priority shouldn't be money, but your happiness and a big wide smile.
11. Distribute time between career and family, ignore none.
12. Never forget to spend some time alone and know yourself and your needs more.
13. If you find no motivation in life, leave everything and start off again.
14. When you work, there must be passion and dedication, nothing else.
15. You must leave the habit of regretting about whatever happened in the past, focus on the moment and use remaining focus for future.

10 Bitter Realities of life which a teenager still has to learn

1. No matter how bitter you feel, don't show your weakness to anyone.
2. Don't allow your past to keep you stuck. Learn from it, let go & move on.
3. Start with asking " why" & " who"& "when" & "where "& the "how " exactly takes care of itself.
4. Some people are in love with what they think of you, not you .
5. Your trauma is not a valid excuse to shit all over others.
6. Your life depends on the choices you make now in your youth . What you do today echoes a lifetime.

7. It’s your job to prepare yourself, handle your business & make things work despite of adversity.
8. Sometimes we’re afraid of losing people. Be afraid of losing yourself by trying to please everyone around you.
9. You need to get serious. Get serious about your peace . When healing yourself, beware of those who keep trying to trigger your wounded self .
10. It’s not always easy , but that’s life. Know that there’re better days ahead.

08 Pieces of life advice from an old man

1. You can not move forword if you are stuck and focused on the past.
2. Speak less, observe more. Not everything needs a reaction.
3. Some people will judge you for changing. Others will be celebrate you for growing. Choose your circle carefully.
4. If you have dream go chase it because it's not coming your way without effort.
5. Be so busy improving yourself that you don't have time to pay attention to anything or anyone that distracts you from your growth.
6. Don't use your Energy to worry. Use your energy to believe, create, trust, glow , grow and heal.

7. Most times you have to go through something that absolutely destroys you so you can figure out who you really are.
8. Never be embarrassed to struggle. There is absolutely no shame in working hard to get what you want.

07 Things you should remember in your life

1. Never hesitate to accept your mistake.
2. Never let the debt and enemy grow big.
3. Never lose hope. Believe in yourself is very important for success.
4. Give a chance to the people behind you to come forward.
5. Borrow something from someone only when it is very necessary.
6. Praise all the people who are doing great.
7. Be honest with your work, partner and family.

6 Things everyone should remember in their life

1. Some people will take advantage of your kindness. Still be you.
2. Choose your friends wisely. Sometimes, your loyal friends can be poisonous like Snakes.

3. Love can't change toxic person. Give your love to deserving person. If someone hurt you just leave them and move on.
4. Don't share your weakness with anyone. I say Never even don't share with your partner/friends.
5. Vulnerability is not weakness to the right person.
6. You are powerful and strong, even in the times you doubt it most.

What are some deep things life has taught you?

1. During hard times, we experience our greatest change.
2. When surrounded by the right people, you start seeing your value.
3. Our freedom ends where the rights of others begin.
4. Learn to manage your expectations.
5. Appreciate what you have before it is gone.
6. Never show your full strength.
7. Every day comes with new opportunities.

08 Greatest causes of low self-esteem

1. Counting other people's blessings and overthinking about our curses.

2. Connecting and restricting your life with one failed point. Looks=life, money=life, confidence=life.
3. Taking self-centered, perfectionist, bullies, or negative people too seriously as if they are the messenger of God.
4. Not matching the crowd on something. If six monkeys are sitting together and five of them don't have a tail, the sixth would consider his tail as a deformity.
5. Completely ignoring your privileges as you ignore the long online agreements before clicking accept and agree. Is m born in hell, doesn't matter I am healthy, I am educated, I have a family.
6. Having no trust in self. If I haven't done something or I couldn't do something before, I can't do it ever. I have not driven a car ever, I can't learn to drive. If it's tough, I am unqualified and unable.
7. Two failures in a row and you decide it's not meant for you. The ant that climbed a huge wall after thirty tries is laughing in a corner.
8. Most importantly, there's nothing as low self-esteem, it's a self-made decision.

07 Greatest lines based on life experience

1. The real measure of your wealth is how much you'd be worth if you lost everything.

2. Work hard in silence. Let your success do the talking.
3. Don't waste your time contending with people. They're contending because they have nothing new to offer.
4. Success is not a linear step by step process. It is a process that begins from the end and then goes back to start from the beginning.
5. Each person is unique and has their own abilities. We miss the point each time we want to copy each other.
6. The first step to making progress and getting anywhere, is deciding you're no longer comfortable to stay where you are.
7. Never let your failures blind your dreams, for your success lies in your ability, not your failures.

10 Signs that you are wasting your life

1. You always feel demotivated and you don't understand the meaning of life.
2. You think someone else is responsible for your failure.
3. You want success but don't want to pay the price.
4. You think about what people will say and because of that, you are not able to take any action.
5. You don't have any plans for the next few years.

6. Spending many hours of the day watching the reels.
7. Sleeping too much and not taking action with any plan for the future.
8. Only planning for the future but you don’t have balance with action.
9. You are drifting in the social current, you have no control over your life.
10. You do not have any plan for the next day and your daily life goes on doing anything randomly.

12 Behaviors of a highly confident person

1. They don't say yes to make someone happy if they really don't want to.
2. Even when they fail in the initial stages, they believe in themselves and they only listen to themselves.
3. They do not pay attention to things without work, but when they listen then very carefully.
4. They know what needs to be done and what needs to be left out.
5. They gives priority to their health over any work.
6. They don't do anything just to get attention.
7. They are not afraid to go wrong and take the steps that should be taken.
8. They know when to give up and how long to keep trying.

9. They don't complain about having fewer resources.
10. They are not just involved, they are more productive in less time.
11. They do not prepare a list of much work, but in the work they pick, they give constant dedication.
12. They don't just take risks, they take very calculative risks.

Indicators Of Personal Growth

1. You don't need others to tell you that you're doing well.
2. You can say no without feeling bad.
3. You're more focused on the present moment.
4. You're not too hard on yourself.
5. You're not as annoyed with people.
6. You enjoy being alone.
7. You feel happier inside.
8. You don't have to explain yourself too much.
9. You can handle your emotions better.
10. You don't need everyone to like you.

By knowing these you will get true aspect of life

1. Comparing yourself to others is the root cause for feelings of unhappiness and depression.

2. Sometimes, people who’re thousands of miles away can make you feel better than the ones right beside you.
3. Your body makes you attractive. Your smile makes you pretty . Your personality makes you beautiful.
4. If you can’t manage stress you’ll never manage success.
5. The best person in your life is the one who comes first in your mind after reading this sentence.
6. Your ideas don’t matter. Everyone has ideas . Some people have billion dollar ideas & make Zero . Some have bullshit ideas & make a living. It’s all about execution.
7. Have a plan for your money before you get it . Spend money to make money.

Lessons Everyone Should Learned In Their Life

1. Poisonous person never changes themselves; they only change the people they victimize.
2. The worst kind of loneliness is the kind that you experience even while you are surrounded by other people.
3. It's possible that you've got the right stuff but the wrong address.
4. The amount of effort someone puts in shows how interested they are in you.

5. Having a debate with a fool is proof that there are two of them.
6. Forgetting that something even exists is the simplest way to pass the time while waiting for it.
7. When a promise turns into an apology, it's time to leave.
8. When it comes to finding your perfect partner, there are no hard and fast laws of attraction.
9. There is no need for you to lower your standards in order to attract the appropriate person; they will find you.
10. The best approach to discovering who you are is to give up who you are in order to better serve others.
11. A disagreement is not the appropriate conclusion to a discussion about how you are feeling.
12. Prioritizing facts over emotions. Don't let your feelings cloud your judgment or get in the way of your thinking.

05 Life learnt lessons that you wished know before

1. You don’t regret the things you did , you only regret the things you didn’t do.
2. Execute & Fail faster and that is the greatest way to learn.
3. Criticism is a good thing. (Took me a while to realize)

4. Emotions are overrated.
5. Life is short , it should be spent doing the things you love.

What is the best thought(s) or advice(s)

- **Don't be over dependent on someone**. When you are dependent on someone, you keep searching for them to share your happiness, sadness, emotions and what not. And, yes people don't give a shit about your feelings and ofcourse they don't have to. Eventually, you end up hurting yourself.
- **The World is full of beautiful people.** Smile. Nobody is going to throw the grenade on you. Maybe, your smile can change someone's mood after a worst day.
- **This too shall pass.** Nothing is permanent so are your difficulties. If something is killing you from inside let it kill. Stay calm, everything is going to change.

Unbelievable Psychology Facts About Love

1. People in long-term relationships report more happiness than those who are single.

2. People who are in love show increased activity in the brain’s reward centers.

3. People in love tend to think their partner is more attractive than others do.

4. Love can reduce pain, both physical and emotional.

5. Love can make people feel more confident and secure.

6. Love can reduce stress and anxiety.

7. People in love tend to have higher self-esteem.

8. Love can increase longevity.

9. Love can make us more creative and productive.

10. People in love tend to have better overall health.

What golden advice did you learn in your life?

1. Even if you are in the right lane, if you just sit there you will still be run over.
2. Its better to burn out than it is to rust. You should always challenge yourself and never be afraid to fail. You should rather fail trying something new/different than be stuck doing the same thing over and over.
3. Nothing very, very good or very, very bad lasts for very, very long.
4. Love is a flower, you gotta let it grow.

5. A hero would sacrifice you for the world. A villain would sacrifice the world for you. (This has changed my opinion about villains)
6. Those who are weak aren't really weak, they have just been strong for too long.
7. There are plenty of fish in the sea. And there's always a bigger fish.
8. If you can't dazzle them with brilliance, baffle them with bullshit.
9. We can't change what's done, we can only move on.
10. Do what floats your boat as long as you don't sink mine. Mind your own business.
11. I don't get paid enough to worry about that
12. Say yes when presented opportunities. You can almost always change your mind later, but rarely the other way around.
13. When you lose your money, you lose nothing, when you lose your health, you lose something, when you lose your character, you lose everything.
14. Some drugs are worth the cost. Love is one of those.
15. One day at a time.

Bonus1: Nothing in this world that's worth having comes easy.

Bonus2: If you can change it, then there is nothing to worry about. If you can't change it, then there is nothing to worry about. Read it again

What is something people need to understand?

1. Things can’t stay the same. At some point you just have to let go and move on. Because no matter how painful it is, it’s the only way we grow
2. Don't play games with someones feelings. Be straightforward about how you feel.
3. Don't be afraid to tell people you love that you love them. Action speaks louder than words is a little outdated. Sometimes, action is sweeter along with words.
4. When you want to change your life, but don't know where to start, start with prayer and everything will follow.
5. Soft hearted people are not fools.
6. Don't make your life revolve around with someone.
7. Don't push yourself to someone. If you did already everything you could but nothing has changed, have the courage to walk away
8. Don't put anyone on a pedestal either, sooner or later, they'll get tired of you, and soon will also get rid of you.
9. Sometimes, you can't have it all.
10. Don't ever regret what you did if you were really happy at that moment.
11. Never go back in time. Past is past. Move forward

12. Give more than you think you should.
13. It is impossible to live without quarrels, in the same way as to go through all city only on green light.
14. If the crowd goes one way, try sometimes to walk in the opposite way to make a difference. You might never know what good things awaits.
15. Money can't buy health. It can only prolong your life but not totally can get your body back to as it was before.
16. An apology doesn't mean you're wrong, and the other person is right. It just means that the value of your relationship is more important than your own ego. Swallow your pride sometimes. It'll make a huge difference.
17. Be careful who you trust! Salt and Sugar are both white!
18. Sometimes, you have to play the role of a fool to fool the fools who think they are fooling you!
19. Sometimes, we cannot choose who we fall for. It just happen.
20. No matter how strong of a person you are, love at some point can make you weak, vulnerable and a total different person.
21. Too much of everything becomes a poison.
22. Staying loyal to what you said you were going to do long after the mood you said it in has left you, is called commitment.
23. Loving someone who doesn’t love you back is like hugging a cactus. The tighter you hold on, the more it hurts.

Bonus 1: Become a better person every day.

Bonus 2: No matter how long the night, the day is sure to come!

Bonus 3: It requires wisdom to understand wisdom.

Bonus 4: Everybody has bad days.

How can you identify a narcissist?

- They constantly need to be admired

For them, theres no greater feeling than being put on a pedestal and worshipped by people around them.

- They tend to cheat in relationships

This is often a way for a narcissists to build their ego. They think, they are too good to anyone. Betraying someone and leaving th9em in great grief gives a narcissist a rush of power.

- Instead of listening, they're wrapped up in their own opinion.

Rather than listening, This perception leads them to believe that what you have to say isn't important so they blank it out.

- They do not take criticism well

They think they are superior to others and believed themselves to be infallible. They often react poorly, maybe yelling or other unreasonable response when you criticize them regardless if you did it deliberately or not.

What psychological tricks and hacks are useful to know?

- If you're about to sneeze, just think about the color orange and it will go away. I know it’s entirely placebo but it works a lot of the time.
- When a group of people chat together, take care of the person who doesn’t know everyone well.
- Believe me, he’ll be especially grateful to you
- Keeping a clean appearance will make you look more credible, and people will subconsciously trust people with a good appearance.
- You won't be depressed when you run. So give yourself a little time to go for a run at least half an hour everyday.
- When you are arguing with someone and you start laughing, it will drive them even crazier. This is a great way to win a trivial argument.
- Daytime naps improve memory and reduce the risk of heart attacks.
- Silence tends to be the best way to let someone know that they did something wrong.
- Do you want someone's number at a party? Take a photo with them and ask them to send it to you.
- If you have a hard time staying awake, have two drinks: one hot and one cold. The combination stimulates the senses in your brain: you will stay awake.

- Psychology says that men tend to forget but never forgive. Women tend to forgive but never forget.
- A person generally makes a lot of hand gestures when telling a true story. When telling a lie, a person will keep their hands still.
- Studying without desire ruins your memory, and you don't retain anything you assimilate." - Leonardo da Vinci
- Talking about ourselves triggers the same sense of pleasure in our brain as food or money.
- People are more likely to spend money when they are hungry.
- You in your imagination are 30% more beautiful than you in reality.
- When someone is angry and yelling at you, stay quiet :If you don’t say a word, and not react then the person who is yelling at you, will eventually feel embarrassed and stop yelling.
- Don't make any decisions when you're in tears, the less you talk when your emotions are negative, the better.
- If the other party confides in you about his suffering, then you’d better not always analyze the truth with him, in fact, he just wants you to agree with his emotions first.
- The way you talk to your children becomes their inner voice.

When is the right time to let someone go?

- When you live in past memories more than the present.
- When he/she puts little to no effort in the relationship.
- When neither of you feel the same way about each other.
- When your relationship with her/him brings you more pain than joy.
- When there are more fights than jokes.
- When he/she is causing you emotional, physical or verbal hurt
- When there are more tears than smiles
- When she/he expects or force you to do what they say.
- When the same situation or issue recurs eventhough you tried addressing it.
- When you stay on, expecting things to get better.
- When you stay on, expecting he/she will change.
- When she/he expects or wants you to change.
- When you keep justifying her/his actions to yourself

How do you know when someone really loves you?

- If someone really loves you, they won't make you feel like you need to constantly fight for

their attention. They know the way to make you feel at home.

- If someone really loves you, you don't have to keep begging them for a text, call or attention.
- If someone really loves you, they'll admire you for something less obvious and they'll never ask you to do things that you obviously can't.
- If someone really loves you, they will never let you go sleep wondering if you still matter
- If someone really loves you, they won't let the energy you've shared with them be wasted.
- If someone really loves you, they won't let you lose the best years of your life by being toxic with you.
- If someone really loves you, they wouldn't let you slip away. No matter how bad the situation may seem
- If someone really loves you, they will never hurt you. And if they do, you'll see that in their eyes, they're hurting too.
- If someone really loves you, they won't hesitate to tell you the songs that kept them alive when they felt like nothing else could save them.
- If someone really loves you, they'll appreciate your nude soul far more than your nude body.
- If someone really loves you, they will not hit the like button on most of your post. They'll click all the comments.
- If someone really loves you, they'll understand that no matter how good your heart is, it also gets tired.

- If someone really loves you, no matter how busy they are, they will always find a special time for you and don't let you wait too long for their text or call.
- If someone really loves you, they should make you feel safe, loved and happy. Not tense, scared and anxious.
- If someone really loves you, they'll always make you think that you are interesting enough to talk to everyday.
- If someone really loves you, they'll always find a way to make you feel that you really matter. Otherwise, they will find an excuse.
- If someone really loves you, no matter how mad they're, they won't stop to care.
- If someone really loves you, you don't always have to force them to respect you.
- If someone really loves you, eventhough they saw you at your worst, they'll still think you are the best.
- If someone really loves you, they'll care about why you've been quiet all day and they don't get mad cause you're acting different.
- If someone really loves you, you don't always have to force them to stay in your life.
- If someone really loves you, they will make you a better person than you were once before.
- If someone really loves you, they'll enjoy your madness and do not try to change you.
- If someone really loves you, they'll never forget the day you started talking.

Bonus:

If someone really loves you, they will drink the ocean just to make sure you do not drown.

Life Hack That You Think Everybody Should Know

- Underestimate your income and overestimate your expenses. You'll always have money to spare this way.
- Use Debit cards. Not credit cards
- Take advantage of the rain. Wash your car under the rain. You'll save considerable amount in your water bill.
- Don't be fooled by "Sale". It's a big lie
- Clean while you cook. Especially if you're cooking a lot, doing dishes little by little is better than all at once.
- Generic meds are as effective as branded. And way sooo cheaper.
- Want to stop crying when chopping onions? Just chew gum.
- When you're thirsty and limited water is available, rinse your mouth for thirty seconds before swallowing. Most of your "thirst" comes from a dry mouth.
- Drinking five cups of green tea in a day can help you lose weight around your belly.
- Rub deodorant between your thighs to keep them from chafing when you wear shorts.
- When it comes to staying awake, apples are actually more powerful than caffeine.

- Popcorn actually pops better when it’s stored in cold places like the refrigerator.
- Eating watermelon can help reduce acne breakouts and keep skin healthy.
- When you’re feeling down or depressed, do some cleaning. Straightening out the physical aspects of your life can also bring clarity to the mental ones.
- Have a headache? Eating ten to twelve almonds is the equivalent of taking two aspirins for a migraine headache.
- Gatorade and Powerade are only healthy when used during a workout, and watered down. Otherwise, it’s mostly extra sugar and empty calories.
- Have a sore throat? Try eating a piece of cucumber. It cools down your throat and stops that itchy feeling.
- When buying from a vending machine, insert your lowest value coin first. If the machine isn’t working, you won’t lose that much money.
- Buy quality furniture even if they are expensive. They'll stay in good condition for a long time but cheap products are not good and you'll have to spend more in longer run. Same thing applies to watches as well.
- Before frying, sprinkle a little salt in your pan. This will help keep the oil from splattering.
- On home , you can instantly remove all of your personal data from websites you don’t want having it.

- The less you eat sweets, the less you will crave them. It's really that simple.

Bonus:

Learning from your mistakes is wise, but learning from the mistakes of others is quicker and easier.

What did you learn too late in life?

Ten simple things:

1. Addiction never ends well. Whether it's drugs or… LOVE. Whatever it is that was getting us high, eventually stops feeling good and starts to hurt. So avoid getting so much addicted.
2. We fear change, we don't like it but we can't stop it from coming.
3. Health is indeed wealth
4. Knowing when to stop or continue trusting/loving/waiting does really matter.
5. Don't trust everyone that wears a smile.
6. Mind your own business. There's no use of you getting involved of things that aren't yours to fix in the first place.
7. Work smarter than harder. I learned that the hard way.
8. You can't change a person just by loving them. They'll definitely change if they love you
9. Good things don't always happen to good people. Devil has his own way to lure and mislead people that what they do is right.

10. Sometimes in the relationship of love, there's a lover and the beloved. The lover lives the relationship with passion, devotion and romanticism. In the end, they suffer a lot. While the beloved, simply enjoys being worshipped.

Bonus 1:

Sometimes, we have to get a little messed up because that part of our life is what actually shapes us.

Bonus 2:

Time and apologies are free. Give them when and to whom they are due.

What makes a person boring?

10 Simple Things:

1. Who always agree in everything you say just to please you, but never even bother to offer something new and unique. Come on, you need to have your own opinion. It's fun to argue sometimes.
2. Talking shit about other people as if they're perfect and do not have even a single flaw in their skin.
3. A person who take everything seriously. Lack of humor. We should know when to put some humor and how to handle humorous situation.
4. Insensitive. People who don't know when to stop talking about themselves.

5. Having zero interest to try something new that even a little child can do.
6. Person who only want to talk about sex.
7. Keep looking at their phone while it's you is in front of them.
8. Always complaining even in small things.
9. Person who lack of curiosity.
10. One word reply to your lengthy message and take long hour to reply.

Craziest Things About Human Psychology

Here are my lists of seem to be weird but psychology fact about human.

- Almost twice as many serial killers are born in November.
- Comedians and happy people are actually more depressed than others.
- We change our voice when we talk the people we like.
- Sarcasm increases creativity.
- Dancing often increases happiness.
- Being a perfectionist can result in stress and depression.
- Wanna know if someone is watching you? Just yawn and look around. Yawning is highly contagious. So if someone is watching you, he will yawn too.
- You can't swallow and breathe at the same time.

- Washing your hands makes you more optimistic.
- If you want someone to like you, ask them for a small favor like book or a pen.
- To win at the "rock, scissors, paper game", right before playing it, ask your opponent a random question. Most of the time because of confusion, he will throw scissors.
- Convincing yourself you slept well tricks your brain into thinking it did.
- Your favorite song is probably your favorite because you associate it with an emotional event in your life.
- Girls don't like being stared at, unless they are already staring at you.
- If you want to get a positive response from someone, nod while you talk. He'll more likely to agree on what you're saying.
- Most of internet trolls are narcissistic, sadistic and psychopathic in nature.
- Never put your favorite song as the alarm. You'll end up hating it.
- When you can't get a person out of your head, they're thinking about you too.
- If you ever have a hard time remembering something, try pressing you fists when you think about the subject in question.
- Fold your arms while you talk. If the other person did not do the same, they're not interested in talking with you.
- Talking to yourself can make your brain more efficiently.

- If a person says little but talk quickly, then he is hiding something

What psychological facts impresses you in life time?

1. People who die by suicide want to stop suffering, not to stop living.
2. People perceive you as 20% more attractive than you perceive yourself.
3. Study finds that people with unhappy childhoods are more likely to exhibit a fear of happiness.
4. Owning a pet is linked to having better cognitive health in advanced age.
5. Children are less likely to trust ugly people.
6. Social media addiction increases depression severity among people who are already depressed.
7. Reading fiction early in life is associated with a more complex worldview.
8. The person you look at first when you enter a room is the one you feel most threatened by.

What are few things intelligent person know but they don't tell?

1. They teach you how to become a master but they don't teach you everything.

2. They don't tell you their weaknesses, they let you figure it out.
3. They leverage other people's brains in order to solve complex problems.
4. They know when to grow privately and when to grow in public.
5. They always have a next move but oftentimes, they make you guess.
6. Their intelligence is often not a gift, it was built with a lot of curiosity.
7. They don't have in-depth knowledge of every subject they know.

What are some deep things every person should avoid in life?

1. Don't wallow in self-pity.
2. Don't allow loneliness to put you in the circle of toxic people.
3. Don't procrastinate, time doesn't.
4. Don't go to places where you're not invited.
5. Don't mingle with people whose values don't align with yours.
6. Don't fall in love with an environment where your dream, career, or business doesn't thrive.
7. Avoid wasting your life doing things you don't love.

What are some unbelievable facts about “YOU"?

1. When you give, you get. Expecting to get before you give is nonsensical. Be it love, respect anything.
2. You sharing your problems to yourself, saying them out loud sitting alone, then reaching out to action items immediately is far more productive than saying those to someone else.
3. Best thing about life is that there is nothing best about it, you have to make best out of what you have.
4. Being nice to people you don't like is not being fake, it's called being courteous.
5. Finding peace in the outer world is a waste of time and energy. Your peace lies with in. Give quality time to yourself is enough for you to be peaceful.
6. Limiting your time and energy only for those who deserve it, hard to follow but it's a must.
7. When your brain is not ready to accept something, write it down in block letters, keep writing it untill you are tired.
8. State your issues directly to the person who you have them with, don't go round and round.
9. Before saying something in anger, check if you can take that on yourself. Check if you can listen to it if it was said to you without being hurt.

Most Interesting Facts About Human Behavior

Here are some interesting facts about human behavior that I want to share with you:

1.Appearance plays an important role even when voting during elections.

- The maturity and physical attractiveness of politicians were most important for voters' choice (unconsciously, of course).

2. People tend to look for things that confirm the things they **already believe,** and ignore information that contradicts what they already think.

3. We attribute outside forces for our own failures but blame others for their own misfortunes.

4. The presence of other people can have a powerful impact on behavior.

- When a number of people witness something such as an accident, the more people that are present the less likely it is that someone will step forward to help.

5. Men's behavior gets weird around women.

- So, next time if you see a guy being panicky, sweaty, weird around you, know that either he finds you very pretty or is attracted to you.

6. Your liking defines your texting/writing speed.

- Your texting speed increases rapidly if you are gossiping about something interesting to you, or you like the person you are chatting with on social media.

7. When people are being watched, they behave better. And the illusion of being watched works, too.

8. People regret quick decisions, even if the results are satisfying

9. A happier person is not the one who has a lot of money but the one who has more than their neighbor does.

10. Women with higher IQs have a harder time in finding a mate

11. 90% of people text things they can't say in person

12. When you are single, all you see are happy couples, and when you're not, you find happy singles

13. Around 80% of people use music as an escape from all the negative things in life

14. Your tongue length is related to your sexual curiosity. And it is nearly impossible to lick your elbow.

15. Staying quite often means that you don't think the other person is ready to hear your thoughts

16. Pretending not to care is the habit of someone who generally cares the most

17. The more you talk about someone, the more are you likely to fall on love with that person

18. 99% of people who read #14 will try to see the length of their tongue and lick their elbow

What are some things nobody tells you about life?

1. Until the lion learns how to write, every story will glorify the hunter.
2. You live two lives. The second one begins when you realize you only have one.
3. Assumption is the mother of all screw-ups.
4. If Plan A doesn't work, the alphabet has 25 more letters. Keep calm.
5. Do not underestimate your abilities. That is your boss's job.
6. Your job in life is not to control the waves, it's to surf your ass off.
7. The more you own, the more it owns you.
8. You can't reason someone out of a position they didn't reason themselves into.
9. Whatever strength you lack above your neck you'd better have below it.
10. Cemeteries are filled with irreplaceable people.
11. Birds born in a cage believe flying is an illness.
12. We have a tendency to want the other person to be a finished product while we give ourselves the grace to evolve.

13. You'll never find your other half until you realize that you're not a half.
14. Expectations are pre-planned resentments.
15. Don't live your life based on a single sentence.

What is life’s biggest "trap" people fall into?

1. Not being the one defining what is important to you.
2. Living everywhere but the present.
3. Continuing something because you've "already put so much into it".
4. Identifying too strongly with your thoughts.
5. Cell phone dopamine. You don’t need to check your phone or keep scrolling.
6. Believing being picky is the reason you're single and feeling bad about it. It's okay to have standards.
7. Thinking your “education” was complete in HS or college.
8. Believing that what people show you of themselves is true. It's rarely ever even close.
9. Extending relationships that should only have lasted months and stretch them into years.
10. Waiting too long for "perfect", and then letting too many good opportunities pass by.
11. Competing with people you don’t care about to get stuff you don’t want.

12. Overestimating what they can accomplish in a day and underestimating what they can accomplish in a year.

Indicators Of Personal Growth, And How Can They Be Identified?

Personal growth is a journey that everyone embarks on in life-

- It's the process of developing oneself, becoming a better version of oneself, and achieving personal goals.
- It can be challenging to identify personal growth, especially when it comes to the subtle changes that take place over time. However, there are some indicators of personal growth that can be observed.

The following are some indicators of personal growth and how they can be identified:

1. **Increased self-awareness:** Personal growth often begins with self-awareness. It involves understanding oneself and one's emotions. If you find that you are more aware of your thoughts, feelings, and actions, then it's a sign that you're growing. Increased self-awareness means that you're more in tune with your inner voice and can make better decisions for yourself.

2. **Taking responsibility:** One of the signs of personal growth is taking responsibility for your actions. If you find yourself taking responsibility for your mistakes and not blaming others for your problems, then it's a sign that you're growing. It means that you're becoming more mature and accountable.
3. **Developing new skills:** Personal growth often involves developing new skills. If you find that you're learning new things or taking up new hobbies, then it's a sign that you're growing. It means that you're expanding your knowledge and exploring new avenues.
4. **Increased empathy:** Personal growth often involves developing empathy. If you find that you're more compassionate towards others, then it's a sign that you're growing. It means that you're more understanding of others and can relate to their struggles.
5. **Improved relationships:** Personal growth often leads to improved relationships with others. If you find that your relationships with family, friends, and colleagues are improving, then it's a sign that you're growing. It means that you're more understanding, patient, and able to communicate effectively.
6. **Increased confidence:** Personal growth often leads to increased confidence. If you find that you're more confident in yourself and your abilities, then it's a sign that you're growing. It means that you're more self-assured and believe in yourself.

- Keep a journal or make a list of the changes you've made in your life.
- Pay attention to how you feel about yourself and your life.

What are some of the best life tips?

1. Remember that most people can't read minds. If you have a boundary, it’s your responsibility to communicate it clearly with others.
2. If you're young, don't underestimate the importance of befriending people who are much older than you.
3. The saying "You are what you eat" extends beyond food and applies to what you watch, read, listen to, and all your other media choices as well.
4. Before buying something cheap, ask yourself one question - “Am I rich enough to buy all cheap things?”
5. Asking open-ended questions - who, what, when, where - can be a valuable social tool.
6. When someone hands you an object with both of their hands, it's courteous to receive it with both of your hands as well.
7. If you want something kept a secret, trust me, never tell someone who is married that secret.
8. Actually, people rarely notice your flaws that you worry about, because they’re too busy worrying that you’ll notice theirs.

9. When it comes to online security questions, never provide genuine answers. Instead, opt for passphrase or combinations of numbers.
10. Don't make important decisions when you're hungry, angry, or sad.

What is the wisest thing you learned in life?

1. We're too young to be that old.

2. You are absolutely unique. Just like everyone else.

3. Someone's effort is a reflection of their interest in you.

4. A harsh fact of life that we have to accept: bad things do happen to good people.

5. Sometimes it's all about the first person you want to tell good news to.

6. You are suddenly the bad person when you return the same energy.

7. Marriage is the chief cause of divorce.

8. Crying doesn't indicate that you're weak. Since birth, it has always been a sign that you're alive.

9. Life is 10% of what happens to you and 90% of how you react to it.

Habits That Helped You Achieve Bigger Results

1. Give yourself deadlines

If you're still having trouble sticking to goals because you know your deadlines are "flexible" when you're the one setting them, sign up for a "marathon", announce the launch of your side project business with a release date.

2. Say "thank you" instead of "I'm sorry"

"Thank you for being patient!" Instead of, "Sorry for being late." Is another way to practice gratitude, but it's also a consistent way to be kinder to yourself.

3. Take pictures

Yes, take random pictures and document your life. Document your life by taking pictures of anything important or relevant that you come across during the day.

4. Stop the knee-jerk response that you give, whether it is negative or positive

Instead, respond to all invitations and opportunities with "I'll check my calendar."

5. Mute or unfollow most social media accounts

You may be the sum of 5 people you spend your time with, but you're also the sum of the five people you consume on Instagram.

6. Pause before you answer or respond to people

Train yourself to listen well, by giving yourself time to think up your response in that pause, not while the other person is talking.

7. Set your alarm a few minutes earlier than you need to

Waking up just 10-15 minutes earlier than you need to will help you feel more in control and calmer throughout the entire day.

Feeling Normal about Your Desire to Manifest It

As a child, we always felt normal about all good things in our experience and naturally felt that we could have them all. It was only society's influence over time that made us feel certain things or people were beyond our range and that we had to try hard to get them. You must undo society's programming and get back to the place of your natural state of mind. Know who you are as a divine child being worthy of all things and naturally expecting all good things. Start feeling and acting in that way once again.

Treat money and attractive people normally. Do not feel different about them. Feel indifferent. Do not show too much interest. Show disinterest. You wouldn't be taking too much interest in a thing that is normal available to you. This is the abundance mindset. When money or other people feel that you are putting them on a

pedestal, you are pushing them away from you. No one wants someone greater or lesser than them. Everyone and everything only wants its equal. Only things of similar frequencies attract.

If you want to attract money or people towards you, make them feel that they are your equal. Do not feel insecure around them or become unsure of yourself. Treat good things normally no matter the amount or quality. Watch how rich people act and feel towards money and watch how married people act and feel towards their spouse. You will find that the underlying feeling of indifference and attitude of normalcy is always there. Treat what you desire to have the same way as you treat what you already have.

Psychological Tricks That Make Your Life More Easy

Let me share with you a few mind-bending secrets to sprinkle a touch of magic into your daily routine:

1. **Positive Affirmations Spell:** Conjure up a mantra that resonates with your goals. Repeat it daily like an enchanted incantation. Before you know it, your mind will be dancing to its uplifting rhythm, making challenges seem like mere illusions.
2. **The Mirror of Self-Reflection:** Stare into the mystical mirror each morning and declare your intentions. Reflect on your strengths, visualize success, and watch as the mirror whispers back confidence and determination.

3. **Time-Turner Technique:** Imagine time as a magical hourglass. Break your day into smaller, manageable segments. This temporal wizardry will make daunting tasks feel like a breeze, as if you've harnessed the power of time itself.
4. **Polyjuice Productivity Potion:** Transform your to-do list into a potion of accomplishment. Break tasks into smaller, more palatable doses, and savor the sweet taste of success with each completed sip.
5. **Invisibility Cloak of Stress Relief:** Picture your worries as an invisible cloak. Take a deep breath, imagine shedding this weight, and watch as your stress becomes invisible, leaving you free to move through life with ease.
6. **Pensieve Planning:** Like Dumbledore with his Pensieve, extract swirling thoughts from your mind and place them into a tangible plan. As you organize your ideas, you'll find mental clarity and tranquility.
7. **Felix Felicis Fortune:** Brew a metaphorical luck potion by focusing on the positive aspects of any situation. The more you believe in your fortune, the more likely it is to materialize. Be the alchemist of your own destiny.

Remember, life is an enchanting journey, and with a dash of psychological wizardry, you can turn the mundane into the extraordinary. Embrace these tricks, and may your path be paved with the golden bricks of serenity and success!

What are some things nobody tells you about life?

1. Never compromise your mental health for anyone. What consumes your peace should be kept at a distance.
2. Sharing your personal issues on social media may not do good. Unless you reap something from that, people literally don't care. Only success stories are meant to be celebrated.
3. I remember my dad once told me never reveal your financial status with anyone outside your family. I felt it.
4. Don't dare to trust a person who once cheated. Second chances may not work everytime.
5. Not every woman loves gossips. Rather they would like to focus more on their own life.
6. Even if you have a very small circle, keep it real. Number doesn't give you strength.
7. Education and career shouldn't be compromised for any reason. The one who supports you now may change anytime.
8. As Chetan Bhagat says, there is no point of getting a promotion on the day of your breakup. Everything should go in balance.
9. Career should be based on one's own choice. It's okay to take suggestions. But at the end of the day, only we know what we craves for.
10. Not every woman are gold diggers. Sometimes all she asks for is love, care and respect.
11. Never expect to have a supportive family that backs you on everything you do. Everyone may

not get that privilege. So, stand up for yourself even when no one does.

12. Unconditional love is a myth. It's all about give and take.
13. Never let someone to take your kindness for granted. Sometimes it's also okay for being that voice you need for yourself.

Learning to See Initial Signs of Manifestation

There was a woman who had spoken the manifestation of a set of dishes. Not long afterwards a friend gave her a dish which was old and cracked. She thought that she asked for a set of dishes but all she got was a cracked plate. But then she learned that the plate was only signs of land which showed that her dishes were coming. She then looked upon it as an initial sign of her manifestation. Not long afterwards the dishes came. Such is the way of the universe. Awareness of how it works helps us align.

When you first ask for a thing and then receive something that is not totally what you want, do not mistake it for the manifestation itself, but know that it is the initial sign. The complete manifestation of what you want will come in due time. Things may be far below your expectation, but still they are only a portion of the complete measure that is to come. When you put yourself in a state of appreciation, you give no resistance towards the initial signs and are therefore allowing the

full manifestation to occur.

When you have made your demand to the universal mind, you must also be ready for the unexpected. Everything may seem to be going wrong, when in reality, it is going right. It might seem that the universe is moving you further away from your intended goal and that the path you want to take is being blocked from you. But what may be happening is that, you're being caused to do things that will get you more of what you want and bringing better ways for it. You would end up closer to your goal than ever.

6 Signs that you have a strong mindset

A strong mindset is characterized by resilience, adaptability, and a positive approach to challenges. Here are six signs that you have a strong mindset:

1. **Positive Self-Talk:** Individuals with a strong mindset tend to engage in positive self-talk. They focus on their strengths, acknowledge their achievements, and maintain an optimistic outlook, even in the face of difficulties.
2. **Embracing Challenges:** Instead of avoiding challenges, those with a strong mindset actively seek them out. They view challenges as opportunities for growth, learning, and improvement, and they are not afraid to step out of their comfort zones.

3. **Adaptability:** A strong mindset involves being adaptable in the face of change. People with this mindset can navigate uncertainty, adjust to new circumstances, and find creative solutions to problems.
4. **Resilience in the Face of Failure:** Rather than being defeated by failures or setbacks, individuals with a strong mindset use these experiences as learning opportunities. They bounce back from adversity, viewing it as a temporary setback rather than a permanent defeat.
5. **Focus on Solutions:** Those with a strong mindset tend to be solution-oriented. Instead of dwelling on problems, they actively seek solutions, make decisions, and take steps to address challenges effectively.
6. **Openness to Learning:** A strong mindset is characterized by a continuous desire to learn and improve. Individuals with this mindset embrace new information, welcome feedback, and view every experience as a chance to gain knowledge and skills.

What is the most difficult lesson you have learned?

1. No one is going to tell you what is right for you…. you have figure it out yourself
2. The more we think of doing a task the more likely we kept delaying it, so do it now

3. Your abilities mean nothing if don't use them and shows any results they are just in the head
4. Networking is powerful.
5. Personality traits can be changed if you want to
6. Confidence is something no one can tell if it is real or not so fake it confidence can woo anything
7. Being true to your beliefs and nature and don't trying to escape from it.
8. Being aware of what you are doing wrong and still keeps doing that can be a sign of something serious pay attention
9. Plans will be plans if we don't take actions
10. To not be afraid of exploring new things earlier i used to think if it doesn't work out then? And I end up losing opportunities so
11. Instincts never lie! I started listening to them
12. Chasing people leads your life to hell
13. Lastly doing one thing at a time Multitasking can exhausting.
14. Life doesn't go always as planned

08 Signs that shows you have a sense of entitlement

Having a sense of entitlement can strain relationships and hinder personal growth. Here are eight signs that may indicate someone has a sense of entitlement:

1. **Lack of Empathy:** Entitled individuals may struggle to understand or empathize with the feelings and

needs of others. They may prioritize their own desires without considering the impact on others.

2. **Constant Need for Validation:** A sense of entitlement may lead to a constant need for praise, recognition, or special treatment. These individuals may feel they deserve admiration and acknowledgment without necessarily earning it.

3. **Impatience:** A sense of entitlement can lead to impatience, expecting immediate gratification and feeling frustrated when things don't happen as quickly as desired.

4. **Boundary Issues:** People with a strong sense of entitlement may struggle to respect the boundaries and personal space of others. They may feel entitled to invade others' privacy or impose on their time.

5. **Expecting Special Treatment:** Individuals with a sense of entitlement often expect to be treated differently or more favorably than others. They may believe they deserve special privileges without earning them.
6. **Difficulty Accepting Criticism:** A sense of entitlement can make it challenging to accept constructive criticism. Individuals with this trait may become defensive, dismissive, or angry when faced with feedback.
7. **Lack of Gratitude:** Entitled individuals may take things for granted, showing little appreciation for the efforts or contributions of

others. They may not acknowledge the assistance or support they receive.

8. **Belief in Personal Superiority:** A strong belief in personal superiority is a key characteristic of entitlement. Individuals with this mindset may consider themselves inherently more deserving or capable than others.
9. **Impatience and Irritability:** Entitled individuals may become impatient when things don't go their way. They might express irritation or frustration when faced with delays, inconveniences, or situations that challenge their expectations.
10. **Difficulty Acknowledging Others' Needs:** Those with a sense of entitlement may struggle to recognize or prioritize the needs and perspectives of others. They might be preoccupied with their own desires and dismissive of others' concerns.
11. **Unwillingness to Contribute:** An entitled person may be reluctant to contribute their fair share in relationships, work, or group activities, expecting others to cater to their needs or do the majority of the work.
12. **Unrealistic Expectations:** Entitled individuals often have unrealistic expectations about what they should receive from others or the world. These expectations may extend to relationships, work, or various aspects of life.
13. **Manipulative Behavior:** A sense of entitlement can lead to manipulative behavior to fulfill one's desires. This may include using guilt, emotional

tactics, or deceit to get what they want without considering the impact on others.

14. **Resistance to Equality**: Entitled individuals may resist the idea of equality, believing they deserve special treatment or privileges based on their perceived status or qualities.

Recognizing these signs in oneself is an important step toward personal growth and healthier relationships. It's essential to foster self-awareness and empathy to build more positive connections with others. Seeking support from friends, family, or professionals can also be beneficial in addressing entitlement and developing a more balanced perspective.

How To Cure Sense Of Entitlement?

Curing a sense of entitlement involves self-awareness, introspection, and a willingness to change. Here are some steps you can take to address and overcome a sense of entitlement:

1. Acknowledge the Issue:

- Recognize and admit that you may have a sense of entitlement. This self-awareness is crucial for personal growth.

2. Reflect on Your Behavior:

- Take time to reflect on specific instances where your sense of entitlement has been evident. Consider the impact of your behavior on yourself and others.

3. Practice Empathy:

- Put yourself in other people's shoes. Try to understand their perspectives, feelings, and needs. Developing empathy can help you become more considerate and less self-centered.

4. Gratitude Journal:

- Keep a gratitude journal to focus on the positive aspects of your life. This can help shift your mindset from entitlement to appreciation for what you have.

5. Set Realistic Expectations:

- Evaluate your expectations of yourself and others. Are they realistic? Adjusting your expectations to align with reality can reduce feelings of entitlement.

6. Take Responsibility:

- Accept responsibility for your actions and their consequences. Avoid blaming others for your problems or shortcomings.

7. Seek Feedback:

- Ask for honest feedback from friends, family, or colleagues. This external perspective can provide valuable insights into your behavior.

8. Develop a Growth Mindset:

- Embrace the idea that personal growth is an ongoing process. Cultivate a mindset that welcomes challenges and sees failures as opportunities to learn.

9. Volunteer or Give Back:

- Engage in activities that involve helping others. Volunteering can provide a humbling experience and shift your focus away from self-centered thoughts.

10. Educate Yourself:

- Read books, articles, or attend workshops on personal development, humility, and emotional intelligence. Continuous learning can broaden your perspective.

11. Set Boundaries:

- Understand the difference between asserting your needs and feeling entitled to special treatment. Establish healthy boundaries in your relationships.

12. Therapy or Counseling:

- If your sense of entitlement is deeply ingrained or causing significant issues in your life, consider seeking the help of a therapist or counselor. They can provide guidance and support.

Remember that overcoming a sense of entitlement is a gradual process that requires consistent effort. Be patient with yourself and celebrate small victories along the way.

How Entitlement Seeker Differ From Confident Person?

While entitlement seekers and confident individuals may both exhibit assertive behaviors, there are key differences between the two in terms of their attitudes, actions, and how they interact with others. Here are some distinctions:

1. Source of Confidence:

- **Confident Person:** Confidence in a genuinely confident person often comes from a strong sense of self-worth, competence, and a realistic understanding of their abilities. They believe in their skills and are open to continuous improvement.

- **Entitlement Seeker:** The entitlement seeker's confidence may be more superficial and tied to a belief that they inherently deserve special treatment or privileges without necessarily having earned them.

2. Recognition of Others:

- **Confident Person:** Confident individuals acknowledge and appreciate the talents and achievements of others. They are secure enough to recognize the strengths of those around them.

- **Entitlement Seeker:** Those with a sense of entitlement may struggle to acknowledge the abilities and contributions of others, as they may believe they are inherently more deserving or superior.

3. Handling Criticism:

- Confident Person: A confident person is generally open to constructive criticism and sees it as an opportunity for growth. They can evaluate feedback objectively and use it to improve.

- Entitlement Seeker: Entitlement seekers may react defensively or dismissively to criticism, as they may feel it challenges their perceived superiority or entitlement.

4. Interpersonal Relationships:

- Confident Person: Confident individuals often build positive and mutually respectful relationships. They listen to others, collaborate effectively, and understand the importance of give-and-take in relationships.

- Entitlement Seeker: Those with a sense of entitlement may struggle in relationships, as their focus on self-importance can lead to a lack of consideration for others' needs and feelings.

5. Work Ethic:

- Confident Person: Confident individuals typically have a strong work ethic and are willing to put in the effort to achieve their goals. They understand the value of hard work and continuous learning.

- Entitlement Seeker: Entitlement seekers may expect success without putting in the necessary effort, believing that they are entitled to rewards or recognition based solely on their perceived status.

6. Adaptability:

- **Confident Person:** Confident individuals are often adaptable and resilient in the face of challenges. They can navigate setbacks, learn from failures, and adjust their approach as needed.

- **Entitlement Seeker:** Entitlement seekers may struggle with adaptability, as they may resist accepting situations where they don't receive special treatment or encounter obstacles.

7. Self-Awareness:

- **Confident Person:** Confident individuals typically have a realistic and grounded view of themselves. They are self-aware and understand both their strengths and areas for improvement.

- **Entitlement Seeker:** Entitlement seekers may lack self-awareness, often overestimating their abilities and downplaying their shortcomings.

It's important to note that confidence is generally considered a positive trait when it is based on genuine self-assurance and competence. On the other hand, entitlement can lead to negative attitudes and behaviors that may hinder personal and professional growth. Individuals can develop healthier self-esteem and confidence by fostering self-awareness, acknowledging the achievements of others, and embracing a collaborative mindset.

What are the behaviors of a confident person?

1. They aren't depressed when their post only gets 2 likes

Confident people don't chase gratification on social media. For them, social media is just a platform for sharing what's occurring, not for being worshipped.

2. The don't need a partner, they want them

This is incredibly attractive. Confident people don't actually rely on external validation. The fact that they look to themselves for this is the very reason they are so confident.

3. They don't wait for permission to act

They don't squander time worrying about whether or not something is possible. The only question that crosses their minds is, "Why wouldn't I?"

4. They stay away from people who bring them down

They aren't afraid to cut toxic people out of their lives. Confident people know when to stand their ground and refuse to let toxic people bring them down to their level.

5. They'll be your voice

In addition to speaking up for themselves, confident people take no issue speaking up for you. If they notice that you're uncomfortable about something, they will

step in. If they know you want something but are too afraid to ask, they'll be your voice.

6. Their body language speaks volumes

People with confidence typically stand tall and straight. They don't slouch down or fidget either. Also, eye contact is another cue of confidence. You won't catch them shuffling or staring at the ground.

7. They are quick to apologize and to forgive.

Confident people have nothing to prove. They choose their battles. And they will only fight battles they truly believe in, those that grossly violate or undermine their values.

How lonely are you?

1. Generally i am very positive type of person and love to talk with people but for some time i stopped talking to people and started spending time alone because whenever i talked to my so called loved ones they just ignore me or didn't listen me properly so i thought its better not talk with people who doesn't deserve you maybe i will find people someday who Will know my worth ♡
2. The most special people of my life makes me feel useless. I used to do many special things for my favorite people but now i realize that they didn't deserve it and am wasting my time so its better to do nothing and be alone

3. No one calls me or msz me am the only one who end up calling to loved ones but i think they didn't consider me as their loved ones
4. Me and my mom talk and we laugh together and it feels good. now started spending more time with my mom instead of checking last seens of people and messaging them again and again
5. I spent most the time in my room studying and sometimes watching some web seriers.
6. The person I always try to make feel special end up making me feel vain.

I think it's good to cut unnecessary people from your life and be happy and alone....

What psychological facts shock you?

Here am sharing some of interesting psychological facts i hope you all will find helpful

1. Psychology claims that If two past lovers can remain just friends, its either they are still in love, or never were.
1. If you believe someone is lying to you, don't say anything. If they continue to elaborate on what they are saying then they are lying.
2. The worst feeling in the world is to know you were used and lied to by someone you trusted.
3. If someone gives you advice, respond with "you're right". It sounds more diplomatic than "I know."

4. Psychologists say the key to confidence is walking into a room and assuming everyone likes you.
5. When people say, "you've changed, there's a 95% chance that you just stopped acting the way they wanted you to.
6. A sleeping human brain can still understand the words being spoken around it.
7. Having at least one "Lazy day" per week can help reduce stress, high blood pressure, stroke
8. People who are more perfectionist are more likely to be depressed, because they stress themselves out so much.
9. We tend to believe others pay attention to our behavior and appearance much more than they actually do. This is called the spotlight effect.
10. We are more attracted to people wearing red because red triggers a basic, primal response in humans as a signal of sexuality, fertility, health, and status.
11. The human mind spends most of it's time replaying memories over and over with the desire to relive them.
12. It's impossible to remain angry at someone you truly love.
13. Anger lasting for more than 3 days indicates that you're not in love.
14. the person arguing loses his temper and starts shouting, natural human tendency is to shout back. DON'T! Stay calm and reply in silence. This will piss them off even more. Try it! It works.

15. Usually the people who are “too nice" get hurt the most.
16. THE QUIETEST PEOPLE TEND TO HAVE THE LOUDEST MINDS
17. Remember: The one that gossips with you. Will also gossip about you!
18. If someone makes eye contact with you for 60% of a conversation they're bored, 80% and they're attracted to you and 100% of the time then they are threatening you.
19. Your gut feelings are usually accurate and correct. If you truly feel there is something, chances are there is.
20. Listening to sad songs creates positive notions, because it helps the person feel understood
21. Feelings don't die easily because we keep feeding them with memories. That's exactly why it's so hard to move on.

The Best Relationship Advice You Can Give Someone

1. Do not think for one moment that your partner or spouse is an accident. He/she did not just happen. He/she doesn't know why they fell in love with you, just like the way you don't. So, by hooks or crooks, make it work. He/she was designed specifically for you. Appreciate them, support them, and love them just the way you love yourself.

2. Your partner may not be perfect. He/she was not meant to be perfect. It is the love and harmony of the two of you that makes it perfect.
3. Don't look at another one. Remember, before you met her or him, you were with someone else you thought was perfect.
4. Be contented with what you have. Remember, there are many others who are salivating for what you have.
5. Have you ever looked keenly upon a woman's beauty? Why do you think she doesn't have any beards on her face or hair on her chest? He who created her that way was wise enough to know that you'd be intimidated to realize you're making love to a fellow man.
6. You have to defend and fight for your relationship, for your relationship depends on both of you. Failure to do that, your relationship will die, and each one of you will go their separate ways to resume your former state of loneliness and misery.
7. A relationship is a two-way avenue, not a dead-end. That means there's communication, consensus, and consent. Respect and trust are paramount. There's an entry, as well as an exit, but exits are more costly than entries.
8. An abusive relationship is not a relationship, but a prison, where one person seeks to posses and control the other. That means one person is a perpetrator, and the other one a victim.

Can you tell me a creepy psychological trick?

1. Say that your parents told you first if you want to convince someone of something.

People are inclined to believe information from a 'trusted' source.

2. Try replacing "but" with "and" when disagreeing with someone.

When you use the word "but", people will focus on the part that followed the word "but", while using "and" makes them focus on both the part. Examples:

- I just ate but I'm still hungry.
- I just ate and I'm still hungry.

3. Music is a great way to bond you with your matches when online dating.

It's no wonder that those who have similar taste in music are more compatible. You're more likely to start to create connection by talking about music.

4. Give yourself fewer choices when you can't make the decision.

There's evidence that shows that having 4 options at a time is the maximum number we can consider and still make a choice.

5. If you want to maintain good contact eye without anxiety - look at their eye color.

This will force your mind to not care about the awkwardness but rather care about learning and memorizing their eye color.

6. Ask your opponent a random question right before you play 'rock, paper, scissors'.

This typically will throw your confused opponent off and more often than not they will throw up 'scissors'.

7. If you want to get a question answered, just answer your question incorrectly.

People will usually correct incorrect information, especially on the internet.

Strange Psychological Facts About Dreams

• they are relfex of your day deeds

• they assemble sometimes such that, a future situation takes place as same as the dream.

• remember to say this if disturbed by negative dreams. Leave them on bed itself and they will vanish out, helps alot.

• meditation before going to bed helps on having charming dreams.

• ignoring unpleasant one helps a lot.

• being happy calms your mind and help to assure good sleep.

• bad moods and aggressive touch in life may lead to discomfort in dreams.

• too much sleep at daytime usually led to harsh dreams.

• tension takes a person in pain in even dreams

• sufferings during dreams many times woke you up.

Signs That Tells Lack Of Confidence

1. Legs shaking while talking.
2. Unable to have eye contact.
3. Shoulders down falled.
4. Not able to have clear communication. I.e. either forgetting words or unclear words uttered.
5. Unnatural sweat from hands and on face.
6. Being nervous.
7. Seeking for help of others all the time.
8. Unable to stand out of crowd.
9. Finding it difficult to be on stage.
10. Allowing others to bully.
11. Having weak body posture.
12. Getting Hard to confess love, failure and mistakes.

Mind-Blowing Facts About The Human Brain

• 25% of the cholesterol in your body resides in your brain and 60% of the brain is fat

• Size doesn't matter. Einstein's brain was 1.2 kg: 10% smaller than average

• The brain contains 2% of body weight yet it still consumes 20% of the body's energy production

• It takes five positive things to outweigh a single negative thing. Our brains have something called a "Negative Bias" that makes us remember bad news more than the good ones.

• Babies have big heads to hold rapidly growing brains. A 2-year-old's brain is 80% of the adult size

• The left side of your brain (left hemisphere) controls the right side of your body: and, the right side of your brain (right hemisphere) controls the left side of your body

• Our brains are getting smaller. They are the size of a tennis ball - smaller than they were 10,000-20,000 years ago

• Every time your heart beats, your arteries carry 20-25% of your blood to your brain. The harder you think, the more oxygen your brain will use.

• Your brain consumes about 20 watts of power: enough to illuminate a very dim light bulb

• The neocortex (language and consciousness) accounts for 76% of the brain's mass

• 95% of your decisions take part in the subconscious mind

• Your brain contains 100 billion neurons: about 16 times the number of people on earth

• Men's brains are generally 10% bigger than women's brains

• Women have more grey matter and a larger hippocampus (involved in emotional processing) than men

• Your brain keeps developing until your late 40's

• Second brain: Your gut contains 100,000 neurons (the enteric nervous system). Gut bacteria maker over 30 neurotransmitters, including serotonin.

• Experts agree that there is more we don't know about the brain than we currently know.

• Every time you recall a memory or have a new thought, you create a connection in the brain.

• There are no pain receptors in the brain, so the brain can feel no pain.

• Reading aloud and talking often to a young child promotes brain development

• There are about 100,000 miles of blood vessels in the brain.

What Psychological Tricks Can I Use In Everyday Life?

Here are 8 useful psychological tricks you can use in daily life:

1.When people tell you things you don't agree with

Don't object to them firmly.

First acknowledge what they say with words like, **"I see what you mean**" and continue with your own opinion asking "**but have you ever thought about this part of it?**" That approach will help you make your point without being interrupted or having someone oppose you.

2. To improve your mood

You can Write down negative thoughts and tossing them in a trash can.

And if you are angry, draw lines. Simple patterns relax you. If you feel sad, paint a rainbow.

3. If you want someone to carry something for you

Hand it over to them while talking. Most people won't notice that you're handing them something and they will take it.

But note that this trick may not work on people who are naturally more attentive as well as less close to you.

4. To make yourself look like a naturally good listener, even if you aren't one

Paraphrase what someone else has just said and say it again. Remember to not be too obvious though.

5. To get friendlier with a person

Emphasize your shared values. In other words, try finding a point of similarity between the two of you and then highlight it.

This is according to the "similarity-attraction effect", stating that you are more attracted to those who are similar to you.

6. To give someone positive memories of your conversation or interaction

Let them talk about themselves. One study showed that when people talked about themselves, the reward system of the brain became activated, meaning talking about oneself felt actually rewarding.

7. When two people eat together, if you want to know if the other person has a potential affection for you (friendship and love apply)

Pick up a cup and take a sip of water. If the other person also subconsciously picks up his glass and drinks water, he or she is more likely to have a potential interest in you.

8. To immediately feel confident

You may be surprised by the effectiveness of adopting the "power stance", i.e. standing with your legs apart and your arms spread out so that you cover as much space as possible. If you do this for just two minutes, you flood your body with testosterone and will instantly feel more self-assured.

The Biggest Lesson You Learned That No One Teaches

1. The more you know, the closer you are to death.

2. When you choose peace, it comes with a lot of goodbyes.

3. Sometimes you have to play the role of a fool to fool the fool who thinks they're fooling you.

4. Being wanted feeds the ego.

- Being valued feeds the soul.

5. Sometimes people are on journeys that we are not a part of.

6. High standards lead to fulfilling experiences. Instead of settling for average.

7. A clear rejection is always better than a fake promise.

8. Remember, the best revenge is none.

9. Distance can really give you some clarity on how you feel about people.

10. Showing emotion doesn't make you a weak person.

11. If you can't say anything nice, say something funny.

What kind of people will not succeed in life?

Here is a list of some types of people who will not succeed in life, see if you're on it:

- People who always hide in the comfort zone.
- People who don't try new things because the fear of failure.
- People who give up easily because the tasks are too challenging.
- People who complain a lot to the people around them.
- People who don't understand the value of time and they don't value their time.
- People who are always looking at other people's lives and never working on themselves.
- People who don't do things that are in alignment with their goals
- People who let society dictate their goals and dreams.
- **People who have self-imposed limitations.** They put limits on themselves like"

I'm just not good with numbers" or " I just don't think I can run a successful business"

- **People who don't know how to treat other people** and tend to be arrogant most of the time. They tend to have no social IQ saying things like "well at least I'm being honest" or "this is how I am, deal with it".
- People who are afraid to voice their true opinions.
- People who seek the easiest way out.
- People who readily give up their morals or principles in exchange for something gratifying.
- People who never have an opinion about anything, they can't make decisions and are over the border plain ignorant.
- People who don't fight for what they want.
- People who follow the herd.
- People who make up excuses convincing themselves that they can't accomplish the things they want to do.
- People who engage in useless gossiping.

What are some cool psychological hacks?

Here are 6 cool psychological hacks that really useful:

1.If you want the noisy auditorium to almost instantly quiet down

Just open your mouth as if you're talking while gesturing at the same time. People will immediately quiet down,

trying to grasp what is it exactly that you are saying or doing

2. If you want to make someone excited whenever they meet you

You need start acting very excited every time you meet someone, they will eventually start getting excited as well without even realizing why.

3. If you don’t want to get involved in an argument

Say something as agreeable and positive as possible to a person who is trying to draw you into the argument or confrontation. They'll be shocked or furious, even, when you don’t take the bait.

4. If someone is bothering you at your desk too often

Continue the whole conversation with them. Then suddenly get up and walk the person back to their own desk. They wouldn't even realize how they got there.

5. If you can’t sustain eye contact

Try staring at the space between the eyebrows of that person. They won’t be able to tell where you are looking at, thinking you are still holding their gaze.

6. If you want to charge the conversation

Use the power of silence. During a conversation, get comfortable with pauses while letting the other person struggle to come up with methods to fill the void. It will

throw most people off their game, putting you in a charge of the whole conversation.

Good facts about human psychology

Here are some facts about human psychology that can help you to know our human better:

1.We do not buy the most expensive products but also not the cheapest one. This is why marketers display similar products next to each other with different price, the middle one will usually be chosen.

2.Having positive and happy people around you can keep you happier.

3. Humans are inherently lazy, with some studies suggesting humans evolved to only "work" for 4 hours a day. Don't feel so bad next time you sleep in, it's natural.

4. Dopamine can make you addicted to seeking out information. That's why going down information rabbit-holes on the internet can be so consuming.

5. Red and blue together creates a depth effect optical illusion, making the viewer believe something is closer or farther away than it actually is. Exploiting this illusion is how early 3D effects were created.

6. Closing eyes helps to remember things.

7. Pictures that include human faces will always be more captivating than other subjects, including human bodies.

8. You're most affected by advertising and brands when you're sad, scared, and feeling vulnerable.

9. Studies have shown that people read faster when looking at long, long, long, long, long, long lines of text.

But our

eyes prefer

shorter lines

because they

are easier

to focus on.

10. People will spend more money, if no one is mentioning money. The more money is mentioned, the more likely people are to be aware of their current funds.

11. Studies found that people often vote for whomever or whatever is listed first on the ballot. Seeing something listed at the top tricks our mind into thinking it's in first place, or the best of the list.

12. When uncertain, people will often look to others for guidance. That's why teachers and mentors are so important.

13. Receiving rewards could convince you that a boring task was fun.

14. People who spend more time in the sun are seen to be happier.

What are some of the best life tips?

Here are some best life tips, or I'd rather say advice that my father taught me, now I want to share with you:

1. **Strive to be the man you want your daughter to marry.**
2. **Don't play all your cards, even when your opponent appears to be winning.** Only play your cards when you're sure your opponent doesn't have anything up their sleeve.
3. **Don't take your studies lightly.** Not every person is a born entrepreneur. It would have mattered if I had scored 95% marks throughout my life or had cleared some prestigious entrance exam.
4. Don't make decisions when you're angry. Don't make promises when you're happy.
5. **Never argue with a stupid person,** they'll drag you down to their level and beat you with experience.
6. Remember you'll always regret what you didn't do rather than what you did.
7. Don't take criticism from someone you wouldn't take advice from.
8. **Release the idea that things could've been any other way.** There is no point in wondering what if. what could've been.

what should've been. There is only the way things actually are

9. **Save a portion of your earnings and avoid credit card debt**. The power of the compound effect is incredible , whatever you save, with interest, accumulates more rapidly the earlier you start.
10. **Know when to play dumb.** "Appear weak when you are strong, and strong when you are weak."
11. **Don't respect someone because they're elder to you.** Stupid people get older too. Respect human beings in general, regardless of the age - that's basic courtesy. Anything beyond that must come from a place of humility, empathy, and acceptance.
12. Don't take anyone for granted.
13. Tell people you love, you love them. More importantly, show people you love that you love them.
14. Figure out what you love to do, and then figure out how to get someone to pay you to do it.

What are top 10 professional life hacks?

Here are my professional life hacks, hope they are helpful to you:

1. **Do a bit extra** which will compound to more results leaving others behind. As (1.01)^365 > (0.99)^365.

2. Remember that **knowledge** is the new currency for the world. Knowledge defines you in the background. Your knowledge is reflected whether you intend or not.
3. **Get to work on time**. It highlights your traits like time management and discipline.
4. **Apologise** in a fake manner (along with being stronger inside.) Apologising won't make you small or someone large. Apologising gives you the freedom to think ahead in a better way.
5. **Give before you take.** Add value, add value, and then add more value. Become so valuable to others so that the day you ask them for something, they will take out their credit cards in a heartbeat and give you what you want. Give, give, give, and then take.
6. **Ask for help**. People can't read your mind.
7. And **don't ask** "anyone can help me with this?" Specifically delegate a person. Otherwise, everyone's going to be waiting for someone to volunteer, which will never happen.
8. **Never. Ever. Joke about a person's** intellect, body shape or career. Not unless you want to create resentment and destroy your friendship with others
9. **Praise publicly. Criticise privately**
10. **Mind your own business** unless anything involves you directly — simply stay neutral and out of it.
11. Speak to your clients in your most comfortable tone. **Being original** is better than being smart.
12. **Reward yourself**. You are not a robot.

Psychological Tricks That Make Your Life More Easy

This is what I can give you for now:

1. **Chunking:** When faced with a large or overwhelming task, break it down into smaller, more achievable steps. (**The brain finds it easier to process and accomplish smaller, manageable tasks: almost like applying the** Zeigarnik Effect). This can reduce anxiety and make progress more tangible.
2. **Positive Visualization:** Before engaging in a challenging activity or facing a difficult situation, take a moment to visualize a successful and positive outcome. **This can enhance confidence and performance.**
3. **Utilize Priming:** Priming is the concept that **exposure to one stimulus influences a response to another**. Surround yourself with positive influences and reminders.
4. **The 2-Minute Rule:** The 2-Minute Rule is based on the idea that if a task takes less than two minutes, it's more effective to do it immediately rather than postponing. Tackle small tasks immediately, as the mental effort required to start and finish them is often minimal. This prevents small tasks from accumulating and becoming overwhelming.
5. **Practice Mindfulness**: Incorporate mindfulness practices, such as deep breathing

or meditation, into your routine. This can help manage stress, improve concentration, and enhance overall well-being.

You should be intelligent enough to understand these things in life!

1. Fix yourself before you try to fix anyone. People are comfortable in their miserable life.
2. You'll be 10 times happier if you forgive your parent and stop blaming them for your problems.
3. Marry the right partner. The right one will help you build your physical, mental, and financial strength.
4. Make friends who are ambitious, motivated, and strong where you're weak.
5. Be old enough to realize no one cares. Chase what you believe is right and just.
6. Seek zero advice from people who are not where you want to be in life.
7. Your circle of friends should discuss business ideas, family, and success more. Not politics, religion, and celebrity gossip.
8. Spend few hours working on your business and dreams. Working for someone will only get you enslaved forever.
9. Invest in a home library. Nothing is more toxic than wasting your time watching the news, Netflix, or scrolling social media.

10. Create opportunities for yourself. No one will ever come to save you from your problems.
11. Be mature enough to realize weekends are not for partying. Use it to build a life/career you want.
12. If your friends only call you when they need your help, then it's high time to change your priorities in life.
13. No matter how much you trust your close friends and family, let no one know everything about you.

What is the coolest psychological trick?

Here are some cool psychological tricks that really work I want to share with you:

- **The most powerful way to win an argument** is to ask questions.
- **If you want people to take your words seriously**, say that your father taught you this. People tend to believe parents' advice inherently.
- **If someone is going to rage out on you,** sit next to the person. They will have to lower their voice and there will be no direct face contact.
- **If you want to know someone is attentive or not,** repeat your sentence with a slight change in it. If he is listening either his facial expression will change, or he will point out and question the part.

- **If you think someone is giving you a fake number,** read it back to them incorrectly. If they correct you, it's legit.
- **If you want people to agree with you**, just nod and maintain eyecontact while you're talking, they will nod back
- **Whatever your friend has just said, paraphrase it and say it again.** The person who talks to you will subconsciously get the feeling you are a really great listener. Just don't go too far with the paraphrasing thing.
- **Use someone's name more often.** While talking to someone, keep using their name in the conversations. This helps them feel important and valued.
- **When you want someone to agree for something**, give them a list covering 3 options and drop the one to the bottom that you want them to pick. They are most likely to pick the bottom one
- **Whatever you say about other people influences how people see you.** People will associate the adjectives you use to describe other people with your personality. This phenomenon is called spontaneous trait transference.

What are your 10 laws of manhood?

Here are 10 laws of manhood that my father taught me:

1.**Don’t pay for sex.**

You don’t need it that bad, you’re not an animal, you should spend your evening trying out new pick up lines and having a good time with people.

2. Never chase after a woman

Never base your life around one single person that is not a sure thing, instead, you should be chasing your dreams and goals while trying to make a success of yourself.

3. Know when it's time to fight back

There comes a point in life, where you can no longer expect others to solve a problem for you. If you can’t stand up for yourself, why should you expect others to? A man should know when it’s time to hit back. There’s never a reason to fight—until there is.

4. Your marriage should not always be a choice between your mother and wife

Your mom is definitely the first woman in your life. But your wife is someone to be cherished and respected, too. A clear line should be drawn between the kind of relationship that you share with both of them. In case of a tussle take a neutral, just and impartial stand.

5. Don’t brag about things you’ve done, instead let the things you’ve done speak for itself. Actions will always speak louder than words so keep that in mind.

6. It's good to talk about the emotions you're feeling with loved ones as they'll be there for you. Being a man does not mean that you have to hide your emotions and be a rock.

7. Stay clean, if you have a long beard then take care of it and keep it neat, brush your teeth and shower

8. Failure doesn't threaten your manhood

A lot of men fear failure in life, career, and relationships. They feel they aren't "real men" if they fail. But failure is an essential part of life! It's a reality of life. Accept it!

9. Be able to cook a good meal.

It's important. You don't have to be a chef, but know how to make at least one good meal. It doesn't need to be fancy, a good sloppy joe is perfectly fine, but be able to cook up something and make sure it's good.

10. Take action because it is right, not because it is popular.

The things that matter are not merely what is popular at the moment. A true man, a gentleman, takes action because it is the right thing to do, and they do the right thing whether or not it feels cool or fun.

What are few things an old man experience says?

1. Lost money can be found lost time is lost forever.
2. Good manners as important as good education.
3. Learning to learn, and changing yourself is a superpower.
4. Best teacher is your last mistake.

What are few things only mature people can tell you?

1. Never use a person to forget another.
2. Don't go back to less just because you are too impatient to wait for better.
3. You're not required to set yourself on fire to keep other people warm.
4. Don't ruin a good today by thinking about a bad yesterday.
5. People should fall in love with their eyes closed.
6. Attracting what's right for you will require you to finally let go of what isn't.
7. Someday you will look back and know exactly why it had to happen.
8. When a version of you ends, so will the connections attached to it.

9. The happiest you've ever been won't be the happiest you'll ever be.
10. You either get busy living or get busy dying.

Couple should have these 12 qualities

1. You tell each other deep, dark secrets.
2. Arguments do not turn disrespect or bitterness.
3. You have undeniable chemistry
4. Your relationship is full of happiness and laughter.
5. You do not have to pretend to be someone. You are not when you are together.
6. When you think of home, you think of each other.
7. You feel like they make you a better person.
8. You get the feeling you have known them longer than you have.
9. You have developed a sense of mutual respect to each other.
10. Jealousy is not an issue for either of you.
11. Neither of you questions, "are we meant for each other".
12. You push each other to become better people.

09 Signs that shows someone is selfish

Recognizing selfish behavior in others can be crucial for maintaining healthy relationships. Here are nine signs that may indicate someone is selfish:

1. **Lack of Empathy:** Selfish individuals often struggle to understand or empathize with the feelings and needs of others. They may be indifferent to the impact of their actions on those around them.
2. **Consistent Self-Centering:** A selfish person tends to prioritize their own needs and desires consistently, often disregarding the needs and feelings of others. They may dominate conversations, always steering topics back to themselves.
3. **Difficulty in Sharing:** Whether it's possessions, time, or attention, a selfish person may find it challenging to share with others. They may hoard resources or be unwilling to compromise in various situations.
4. **Manipulative Behavior:** Selfish individuals might use manipulation to get what they want, whether it's through guilt-tripping, deceit, or playing on others' emotions to achieve their goals.
5. **Lack of Accountability:** Selfish individuals often avoid taking responsibility for their actions. They may shift blame onto others or

make excuses to avoid facing consequences for their behavior.

6. **Unwillingness to Compromise:** Compromise is essential in healthy relationships, but a selfish person may resist compromising. They might insist on having things their way, even at the expense of others' needs or opinions.
7. **Frequent Disregard for Others:** Selfish individuals consistently ignore the needs, boundaries, and well-being of those around them. They may dismiss others' feelings or fail to recognize the impact of their actions.
8. **Need for Constant Validation:** Selfish individuals may seek constant attention and validation. They might be preoccupied with their own accomplishments and seek praise without reciprocating or acknowledging others.
9. **Inability to Celebrate Others' Success:** Selfish individuals may struggle to genuinely celebrate the achievements and successes of others. Instead of being supportive, they might feel threatened or envious.

It's important to note that everyone may display selfish tendencies at times, but consistently exhibiting these behaviors may indicate a deeper issue. Recognizing these signs can help individuals navigate relationships and set boundaries when necessary. If selfish behavior is causing significant distress, seeking open communication or professional guidance may be beneficial.

Ways to study in toxic family!

1. Spend some time with yourself. Talk to mirror about all your bad experience just to relax your mind.
2. Don't talk to anybody who makes you lose your control/makes you angry.
3. If they still mock you then have some headphones for yourself.
4. If your parents ask you to do their work like bringing groceries and stuff then ask them to tell you all the work before your study session so that you are done with all their work.
5. If still you face problem while studying then study till late night if possible or you can wake up early.
6. Try to Study on table instead of bed as bad will make you comfortable and eventually you'll sleep.

You should keep these 08 things in your mind!

1. Don’t keep toxic people around you just because they’re family.
2. Don’t be so surprised when things start to go your way. Come on, you deserve it!
3. Don’t let loneliness drive you back to toxic people.
4. Don’t try to heal in the same environment that made you sick.

5. Don’t overthink your way out of potentially rewarding choices.
6. Don’t keep people who constantly lower your vibe.
7. Don’t carry old feelings into new experiences.
8. Don’t over overvalue what you are not and undervalue what you are.

05 Deep truths of life

1. Doesn't matter what the age. People get matured at the time when the hand of their father removed from their head.
2. You missed someone only when you need them and he is not with you.
3. Never be sad for losing someone because God remove people from your life because he heard the conversation you didn't.
4. Nothing is right or wrong everything is relative.
5. The tighter you hold, the quicker it slips.

Weirdest Life Lesson You Have Learned In Your Life

1. One of the worst feeling is letting someone go from your life but still keeping them in your heart, you miss them but you can’t tell them because situations aren’t the same anymore.
2. Sometimes, you end up losing yourself trying to hold on to someone who doesn’t care about losing you.

3. Strangers can become best friends just as easy as best friends can become strangers.
4. Spending a large amount of time with someone literally causes you to a pick up their habits. Choose your friends wisely.
5. No one ever discovers the depth of their own loneliness.
6. Most people have their own shit to worry about.
7. When in doubt, don't act. Wait for that moment of inspiration to strike.
8. Denying the truth doesn't change the facts.
9. It's weird how we sometimes think we can't live without them again then you blink and you don't even miss them anymore.
10. We often pretend that everything is getting better, when it's not.
11. Sometimes being all alone and enjoying our own company helps a lot.
12. It's awesome when someone understands you more than you.

What are some saddest psychological facts about life?

1. If you know how quickly people forget the dead, you will stop living to impress people.
2. Be careful of what you tolerate. You are teaching people how to treat you.
3. When your intentions are pure you don't lose anyone. They lose you.

4. The problem today is people don't cherish good people. They try to use them.
5. People who do not understand your silence will never understand your words.
6. Never mess with someone who is not afraid to be alone. You will lose every single time.
7. People will notice the change in your attitude towards them, but won't notice their behavior that made you change.
8. Actions prove who someone is. Words just prove who someone wants to be.

05 things people with anxiety secretly do alone

People with anxiety may engage in various coping mechanisms or behaviors when they are alone to manage their anxiety. It's important to note that these actions can vary from person to person, and not everyone with anxiety experiences or copes with it in the same way. Here are five things that some individuals with anxiety may secretly do when they are alone:

1. **Overthinking and Ruminating:** Anxiety often leads to overthinking and dwelling on negative thoughts. When alone, individuals with anxiety may find themselves caught in a cycle of rumination, replaying past events or worrying about future scenarios.
2. **Self-Isolation:** Some people with anxiety may prefer to be alone as a way of avoiding social situations that trigger their anxiety. They might

retreat to the comfort and perceived safety of solitude to cope with overwhelming thoughts and emotions.

3. **Repetitive Behaviors or Rituals:** Engaging in repetitive behaviors or rituals can be a way for individuals with anxiety to gain a sense of control. This might include activities like counting, arranging objects in a specific way, or performing certain actions repeatedly.
4. **Seeking Comfort Activities:** When alone, individuals with anxiety may turn to specific activities that bring comfort and relaxation. This could include watching familiar movies or TV shows, listening to calming music, or engaging in hobbies that provide a sense of security and distraction.
5. **Physical Symptoms of Anxiety:** Anxiety can manifest in physical symptoms such as fidgeting, pacing, or nervous habits. When alone, people with anxiety might engage in these physical behaviors as a way to release nervous energy or as a response to heightened anxiety levels.

Some Dark Truths That Have Made You Stronger

1. Nobody cares about you, your plans, your goals, or your little dramas. So, stop pretending they do, or getting upset when they don't. Do

the good things you have to do for your benefits.

2. When it comes to reaching your goals, discipline is more important than motivation. If you don't have discipline, you will never be committed to anything.
3. You are the only person capable of changing your life; no one can do that for you and no amount of excuses can do it for you. The easiest way to change yourself is to change the things you do each day.
4. The biggest threat to your progression in life isn't something or someone around you. It is you.
5. The key to a successful life lies not in what you know, but in what you do with what you know.
6. Failure is just a steppingstone on the road to success.
7. You can't change the past, but you can still d£stroy your future if you repeat the mistakes.
8. Success is not about what you accomplish, it's about who you become in the process.
9. Your comfort zone is a barren place. Nothing ever grows there.
10. Anything in life worth achieving will not be easy to get. Stop believing otherwise. If it was easy, everyone would get what they wanted. Most people give up on their goals when things become too difficult. Don't be like them.

What are few things you should not feel guilty about?

1. Don't feel guilty for not responding immediately. You don't have to be accessible to everyone at all times.
2. Don't feel guilty for choosing yourself.
3. Don't feel guilty for moving on.
4. Don't feel guilty for standing up for yourself.
5. Don't feel guilty for being really good at something. Accept the compliment.
6. Don't feel guilty for feeling good about yourself.
7. Don't feel guilty for saying No to things that don't feel good to you.
8. Don't feel guilty for taking a break.

Sad And Strange Facts About Relationships

1. Initially it's beauty that attracts you, eventually it's their mindset you need to handle. Choose wisely.
2. Sexual attraction will fade over time and hopefully would be replaced by genuine love, care and concern about your partner's well-being.
3. No matter how much you love them and they love you, eventually comes money if you want to be together forever. Balance career and love.

4. Be available all the time and you'll be their ex soon because it's our human nature, things which are easily available, we start taking it for granted unintentionally.
5. Choose them faster, get dump faster because every thing has process and you skipped it.
6. There is no tried and tested strategy to prevent cheating and infidelity. Trust is the only option.
7. Most people are never grateful for the little things that their partners do for them, until they stop it.
8. Keep your expectations low from the partner if you want to be truly happy.

12 Golden things you learned with age

1. Your friends no matter how close, will disappear with time.
2. The most important relationship in this entire world is the one you have with yourself.
3. Nobody cares about your hard work, they just look at the result.
4. Heart break and failures are part of life.
5. There's no place like home.
6. Family and money matters the most.
7. Book is indeed a person’s best friend.
8. Physical activity reduces stress.
9. Wasting time in regretting and crying won't fetch you results.
10. Whatever you want today won't matter to you tomorrow.

11. Your decisions define your life, not fate.
12. Childhood is the golden time.

Biggest Things You Wished To Know Earlier

1. Don’t over share to anyone your pain, your past and your plans!
2. School grades are not everything. Mannerisms, morals and integrity is more important.
3. Try to remain calm even through anxiety and your body will eventually build a tolerance. Just breathe and appreciate each breath.
4. Either they get it or they don’t. Stop trying to convince and change people!
5. Your upbringing is out of your control, but your life is in your control.
6. When you are happy within, nothing no one says matter. Even picking a peach in your garden will bring you joy.
7. Waking up, doing chores and running errands is a form of peace and well being.
8. Hard times and good times comes and goes. Everything will be ok!

Here is Your Mind Reality Insight for Today

Power is latent in the body and may be drawn out and used in various ways by the skilled. But unless confined in a circle it will be swiftly dissipated. Hence there is the importance of a properly constructed circle. Power seems to exude from the body via the skin and possibly from the orifices of the body. You have to unleash the power within you and cast a circle around you to contain and focus it. All this is done through feeling, action and visualization. In magic work, you're raising and directing energy.

Part of the energy required for a spell comes from the ingredients, or components, and their correspondences. If that were all, though, spellcasting would be a passive act: A plus B equals C, every time. And as you know by now, this isn't the case at all. So what's the variable? What's the magic that combines the energy of the ingredients, catalyzes them, and activates them, thereby achieving your goal? That magic is called energy. It's the kind of energy that's kinetic energy. It's e-motion: energy-in-motion.

Start by clearing your mind and getting ready to feel and raise energy. Say out loud "I unleash the power within me and I cast it into a circle around me." Feel energy being unleashed from within you and being contained in a circle around you. You can keep moving your body and

use certain hand actions to unleash and direct the energy out of you into the external. After you have learned to concentrate, visualize and gather energy you can move onto directing it towards the action by which you want it to take.

Signs That Show You Are Mentally Strong

1. You don't let anything bother you, and you don't give a damn what other people think.
2. You realise that life is cool when no one knows anything about you.
3. You'll never touch a beer or a cigarette no matter how bad things get.
4. You'll establish boundaries with others to stay away from toxic people.
5. You'll hang out with good friends who will talk about business, growth, and goals.
6. You will never blame your parents and will accept complete responsibility for them.
7. You will make your own decisions and will not seek approval.
8. You will increase your knowledge by reading 20 minutes per day.
9. You will prioritise your mental health over anything that causes you to feel lost.
10. You will embrace self-discipline and consistency in order to change your life.

Psychological Things That Make You Likeable Person

1. You don't always need to be around people. People will want to be with you when you are happy by yourself.
2. People love boldness. You will be respected when you become a straight talker. Example: If you can't provide a favor, say no instead of trying to please them.
3. If you don't like yourself, no one else will. You must change what you don't like about yourself and accept what you can't change.
4. Swallow your pride and always accept your mistake. Deflecting blame is always seen as a weakness.
5. When you listen more instead of talking people feel special. In return, they will make you feel special.
6. When you share a few uncomfortable truths about yourself, people will feel comfortable and reciprocate. Example: When talking to someone new, share the truth about your nervousness

05 habits that can destroy your life

1. Running behind people who are not yours and showing affection for those who do not deserve.
2. Addiction to anything, drugs or mobile or social media or Masturbation or any person or

anything else. One should not become slave of anything.

3. Easily Give up, Not being focused.
4. Reacting to adverse situation and people: It can create more damage than you think it can help.
5. Not taking care of your food, sleep, body (exercise). In long term it should be avoidable.

Greatest Psychological Facts Everyone Should Believe

1. People who are more prone to feelings of guilt are better at recognizing other people's emotions.
2. People are more likely to remember and notice negative information than positive information.
3. People are more likely to neglect or twist the evidence in our favor just to prove to ourselves that we are right.
4. We generally perceive food prepared by others as tastier than the food we prepare ourselves.
5. If you work in a blue room, your productivity can increase significantly.
6. We regularly try to see faces in objects where there are none.

Manipulative Psychological Tricks That You Can Use

1. Try wearing blue when you want to earn someone's trust. Blue attracts positive emotions and let your viewer thinking you're trustable.
2. There is nothing more important to people than their self image. If you can find out what people like to think of themselves, you can use it to your advantage.
3. When you want someone to trust you. Praise them like " you have amazing personality" or "you are so beautiful " or "you are my inspiration ". It will make them like you and it also builds trust.
4. Repeat a person's name many times during a conversation. It helps you remember it, and makes them like you more.
5. Have a composed smile even if people throw jokes at you. Responding to the insults makes opponent feel happy as you give in frustration, when you burst out they win, wait patiently till you get a chance to crush them completely.
6. If someone is showering you with love, admiration and attention at the first impression, chances are they might be using "love bombing strategy" to gain your attention.
7. If you want someone to agree with you, nod while you talk.This gets the other person to nod too, and they begin to subconsciously think they agree with you.

8. If someone doesn't like you, ask to borrow a pencil. It is a small enough favour that they won’t say no, and it gets them to like you more.
9. If you're wanting to go out with someone or wanting to make an important appointment with someone never prefer Monday or Friday because ause on Monday people will be mad and on the Friday people will think about the weekend.
10. Have good communications with your enemies, whenever they push a grain of joke they indirectly add a motive that they have on you. It can be either a hint from a plan on how to let you down or likewise.
11. For interviews, be either the first or the last to enter to remain fresh in the interviewer’s mind.

Shocking Truths About Human Life

While "shocking" is subjective, here are some truths about human life that might surprise you or challenge your existing perspectives:

1. We are largely unconscious: Many of our thoughts, desires, and behaviors are driven by unconscious processes happening below the surface of awareness. From implicit biases to emotional reactions, much of what we do isn't a conscious choice but a product of automatic systems.

2. We are easily manipulated: Our decision-making is susceptible to various influences, including framing

effects, social pressure, and persuasive communication techniques. This can lead to biased judgments, impulsive choices, and being swayed by misinformation.

3. We are not as rational as we think: We like to believe we make decisions based on logic and reason, but emotions and biases often play a bigger role than we acknowledge. This can lead to irrational choices and conflict both in personal and collective situations.

4. Happiness is fleeting: While we strive for happiness, it's often a temporary state influenced by circumstances and experiences. True lasting happiness likely comes from cultivating internal qualities like gratitude, mindfulness, and strong relationships, not chasing external pleasures.

5. We are all connected: Despite our differences and individual narratives, we are all part of a complex web of interdependency. Our actions have ripple effects on others, and the fates of individuals are intertwined with the well-being of the whole.

6. We have incredible potential: Despite our vulnerabilities and limitations, humans possess immense capacity for creativity, empathy, and self-improvement. We can make a significant impact on the world through innovation, collaboration, and striving for a better future.

Where To Find Strength In Difficult Times?

1. If you can smile in trouble you understand life.
2. You win in your mind first, then in the world. This order is unchangeable.
3. Just because it didn't work doesn't mean it was the wrong choice. Good decisions can have bad outcomes. The world is full of probabilities, not certainties.
4. Don't worry if people don't like you. Most people are struggling to like themselves.
5. Choose what you focus on wisely : It becomes your reality. Choose what you eat wisely : It becomes your body . Choose who you love wisely : They become your reason to live.
6. Know how to act dumb, so you can escape the hardships of being smart . Know when to be smart, so you can escape the hardships of being dumb.
7. Take care of yourself. You're everything to somebody. You're everything to yourself. That alone is enough.
8. Move on with love. No grudges or resentment needed. It'll destroy you.
9. Upgrade your life by upgrading the quality of your decisions and investments.
10. Acknowledging the good that you already have in your life is the foundation for all abundance.

Some Amazing Psychology And Mind Tricks

Here are some amazing psychology and mind tricks

1. We can udnretsnad any msseed up stnecene as lnog as the lsat and frsit lteerts of wdros are in crrcoet palecs. Suhc as tihs stnecene.
2. Studies have shown that consuming food without preservatives will increase I.Q by up to 14%.
3. Chewing gum has been found to improve concentration, memory, and cognitive performance.
4. The "**Primacy Effect**" suggests that we are more likely to remember information presented at the beginning of a list or a speech.
5. Colour plays a very important role in shaping the way a person thinks or feels. For example, the colour red has been found to increase heart rate and evoke strong emotions, such as passion and aggression.
6. The presence of plants or nature in our surroundings can have a calming effect, reducing stress and improving mood.
7. It has been observed that people who speak multiple languages can experience a phenomenon known as "language-dependent personality change" or "language-specific personality traits".
8. "Will I?" is a question that can motivate you a lot more than the statement "I will"

9. When an individual looks at an object of interest and fascination, they have recorded their pupils to dilate by as much as 45%.
10. If you have answered a tricky question with sarcasm, research suggests that you have a healthy and functioning brain!
11. Repetition of information and also events have an actual impact on the brain as it facilitates new associations between the brain cells.

Culture And Environment Have A Huge Impact On Mindset

Its interesting to think about how your culture and environment can have a huge impact on your mindset. The people you surround yourself with might always be in panic or calmness. They might make you feel like the world is so negative or positive. And the impact of that influence is dependent on how much you let it affect you.

If you're someone who has the confidence to believe in themselves and knows that their cognitive is often accurate, then you can form your own thought system of how the real picture actually is and not completely believe in your surroundings to tell you something. This is another reason why having a confident relationship with yourself is important. You get to measure, opine and form thoughts and opinions, strategies and beliefs based on your own experiences. Instead of following what someone else tells you how to think and behave. That's true power.

Deep Truth You Must Learn Now Or Never?

1. Stop expecting honesty from people who lie to themselves. It's a really expensive gift, cheap people can't afford it.
2. Sometimes your old life has to fall apart before your new life can fall together. So, don't hesitate to leave the past in the past.
3. The job, the party, the relationship knowing when to leave is so important. Don't stick with the toxic environment.
4. Fitting in will make you miserable. Be your own uncool, weird-ass self and whoever still wants to hang around with you then, keep them close and be weird together.
5. It's not your job to fix insecure people. It's your job to fix the part of you that resonated with your insecurities.
6. At any minute, there is someone who can come along and change your life. That person is you.

Remember these 09 things in your professional life

1. Stay away from people who do back-bitching. If they can bad mouth someone in front of you, then how can you be sure they won't do the same to you?

2. Never speak your heart out at work. Learn how to be diplomatic. That's what everyone else is doing around you.
3. Office politics is for skill less people at work. Never involve yourself in it.
4. Never bargain your salary by showing other job offer letters to your current employer. Even if they increase your salary, you'll be on their radar forever.
5. Efficiency is not equivalent to time. Stop staying late at work to prove yourself better.
6. No matter how close you are with your colleagues, never discuss personal matters at work.
7. You shouldn't ask anyone's salary, increment or anything personal.
8. Office romance is out of equation. It will make you miserable at work. Keep a thick line between work and personal life.
9. Work equally hard on your soft skills as they matter more than you think.

Mind Blowing Facts About Human Brain

- Human brains have enough memory to store all of the internet.
- Your brain’s storage capacity is virtually unlimited.
- The human brain is the only object of any kind that can contemplate itself.
- The human brain contains 80-100 billion neurons.

- More than 100,000 chemical reactions take place in the brain every second.
- The brain doesn't have pain receptors, so it can't feel exterior pain.
- The brain uses 20 percent of the body's total oxygen and energy.
- The human brain weighs approximately about 1.4 kilograms (3 pounds).
- The average brain is believed to generate up to 50,000 thoughts per day.
- The human brain can generate about 23 watts of power (enough to power a lightbulb).
- The world's fastest supercomputer requires 24 million Watts of power to operate, but our brains only require 20 Watts and operate about 100,000 times faster.
- The brain never sleeps, Your body may be slumbering, but your brain never stops working.
- Exercise is just as good for your brain as it is for your body.
- When a person dies, they have 7 minutes of brain activity left.

Psychological Tricks And Hacks Are Useful To Know

There are many psychological tricks and hacks that can be useful to know for a variety of purposes. Here are a few examples:

1. **Setting goals:** Setting clear, specific, and achievable goals can be a powerful way to

motivate yourself and achieve success. Setting goals can help you to focus your efforts, track your progress, and stay motivated.

2. **Using positive visualization:** Visualizing yourself achieving your goals can help to increase your confidence and motivation. By visualizing yourself succeeding, you can train your brain to believe in your ability to succeed and increase your chances of actually achieving your goals.
3. **Using positive self-talk:** Speaking to yourself in a positive and supportive way can help to boost your confidence and motivation. For example, instead of saying "I can't do this," try saying "I can do this, and I will do my best."
4. **Practicing gratitude:** Focusing on the things that you are grateful for can help to increase your overall sense of well-being and happiness. Taking a few minutes each day to reflect on the things that you are thankful for can help to shift your focus away from negative thoughts and emotions.
5. **Using the "fake it till you make it" approach:** This involves pretending to be confident or capable even if you don't necessarily feel that way. This can help to boost your confidence and increase your chances of success in a given situation.

Greatest Tricks To Avoid Taking Things Personally

1. Realise that other people's rudeness is not about you. When someone is rude it's likely to be a reflection of their own issues.
2. Realise that your self-worth depends on you. It does not depend on what others say about you.
3. Ask yourself what else the comment or behaviour might mean. For example, if someone doesn't smile or say hello, they might be shy.
4. Take comments or criticism in a constructive way. Ask yourself if there's any truth to it, and what you can learn.
5. Realise that you can't please everyone.
6. Know that you're not defined by your mistakes or criticism.
7. Take a different perspective. Ask yourself how an unbiased outsider would see the situation.

State of Flux - When Things May Go Either Way

Quantum mechanics state that an object exists in a state of superposition until it is observed. The moment a conscious observer looks at the object, it collapses into a single location in time and space. When the observer looks away from the object, it technically exists in multiple locations at once. Since reality behaves like that

in the quantum level, it also behaves the same way on the macro level. Things in life go the way we see them going. We mentally steer in the direction where we choose to look.

It is not our physical sight but our inner representation that is our true faculty of observation. Nothing exists except as an idea of consciousness. Mind defines everything. What something isn't defined, it exists as raw and formless potential or energy. We don't see a car unless our mind perceives a car. Without perception, there is no sight. Energy that isn't interpreted cannot be experienced as form. The very act of interpreting energy is what gives it shape and form, because the inner and outer world are one.

All of reality is in your mind, because your mind is everything that is. All physical things are condensed forms of higher vibrational energies know as thought waves. In the dream world, you experience things as solid and tangible as the waking world. The physical world is just another level of the mental universe. All physical laws are simply simulations within the mental universe. There is no gravity except when mind experiences gravity. All situations are created by the mind and experienced within your mind.

What are some of the most awesome psychological facts?

1. The type of music you listen to has an by impact on your perception of the world.

2. Everything your mind says has an equivalent reaction from the cell in your body .

3. Sarcasm is a sign of a healthy brain.

4. ' Catching a yawn ' shows empathy.

5. If the first teardrop came from the right eye, the person is crying tears of joy. Otherwise, the person is crying tears of pain.

6. An average individual's mind wanders 30% of the time.

7. Food prepared by someone else tastes much better than your preparation, even when you use the same recipe.

8. People are much more likely to return a missing wallet if a picture of a child is found inside.

9. Being alone is harder for your health than you believe.

10. Write it down if you can't interrupt the stream of thinking at night. This is going to put your mind at ease so that you can relax.

11. Emotional pain is remembered better than actual pain which has a greater influence on your behaviour.

12. There's a neurological explanation for why you thought your phone was vibrating because there's no warning called Phantom Vibration Syndrome.

What psychological facts to keep private?

1. The less you share, the fewer people will be involved in your business. The more you disclose about your life's details, the more others will want to intrude.
2. It lets you focus on the primary connection in your life — the one with yourself. When you stop relying on others' comments and approvals on social media, you'll find how beneficial it is for your mental well-being.
3. Dealing with drama is tiring enough, but with an active audience... God, show mercy!
4. Death is the ultimate truth in the world, which everyone wants to deny until the end.
5. The thing that people remember the most about you is your charisma, Here you can learn the secrets to Charisma and Confidence.
6. If you're dishonest and deceitful, it's hard to trust others.

What do you avoid?

Managing missed deadlines.

Balancing work and personal life.

1. Embrace spontaneity and go with the flow.

2. Prioritize your own happiness and well-being.

3. Be open to new experiences and opportunities.

4. Learn from your mistakes and experiences.

5. Cultivate meaningful relationships with people who support you.

6.Explore & discover your passions and interests.

7. Travel and experience different cultures.

8. Practice mindfulness and stay present in the moment.

9. Take care of your physical and mental health.

10. Be kind and empathetic to others.

11. Embrace change and adapt to new circumstances.

12. Live in harmony with nature and the environment.

13. Follow your intuition and trust your instincts.

14. Be financially responsible but don't let money control your life.

15. Keep learning and expanding your knowledge.

16. Stay curious and ask questions about the world.

17. Cherish moments with loved ones.

18. Express yourself creatively, whether through art, writing, or other means.

19. Help others when you can, without expecting anything in return.

20. Strive for inner peace and contentment, however you define it.

21. Embrace diversity and celebrate differences in people and cultures.

22. Stay open to self-discovery and personal growth throughout your life.

23. Spend time in nature to connect with the world around you.

24. Keep a journal or some form of reflection to track your journey.

25. Find joy in the simple things and moments.

26. Set your own goals and define success on your own terms.

27. Avoid unnecessary drama and negativity in your life.

28. Make time for solitude and self-reflection.

29. Be patient with yourself and others.

30. Remember that life is a journey, not a destination.

What are some dark secrets about today society?

- **Secret societies**: Organizations that have hidden agendas and influence politics, economy, or religion. Examples are the Order of

Skull and Bones, the German Thule Society, the Bilderberg Group, and the Illuminati.

- **Hidden agendas**: Plans or goals that are not openly revealed or acknowledged, but are pursued covertly or deceptively. Examples are war, terrorism, propaganda, and surveillance.
- **Unspeakable crimes**: Acts that are so horrific, immoral, or illegal that they are rarely discussed or exposed. Examples are human trafficking, child pornography, organ harvesting, and genocide.

These are some of the dark secrets that lurk beneath the surface of today's society.

1. Inequality and Wealth Disparity: There are concerns about the growing wealth gap between the rich and poor, both within and between countries. Some argue that this disparity can perpetuate social and economic injustices.

2. Corruption: Corruption exists in various forms, including political corruption, corporate corruption, and institutional corruption. This can undermine trust in institutions and hinder societal progress.

3. Surveillance and Privacy Concerns: Advances in technology have led to increased surveillance capabilities, both by governments and private entities. This raises concerns about privacy invasion and the potential for abuse of power.

4. Environmental Degradation: The impact of human activities on the environment, including climate change, deforestation, and pollution, is a significant concern. Some argue that insufficient action is being taken to address these issues, potentially leading to long-term consequences.

5. Systemic Racism and Discrimination: Despite progress in addressing issues of racial inequality, there are ongoing concerns about systemic racism and discrimination in various aspects of society, including education, employment, and criminal justice.

6. Healthcare Disparities: Access to healthcare can vary significantly, leading to disparities in health outcomes based on factors such as socioeconomic status, race, and geographical location.

7. Human Rights Violations: Some countries and regions face allegations of human rights abuses, including issues such as political repression, discrimination, and violence against certain groups.

In Anger: Best Ways To React And Stay Calm

Just follow these steps:

1. Whenever someone is shouting at you, don't reply or do not argue for anything.

2. Just listen to what they are saying, and instead of getting angry try to find out their intention.
3. Just keep quiet and do not react.
4. Let them say whatever they want to.
5. Let them finish.
6. And then go away if they realize that what they did was wrong, then for sure they will come, and apologies to you.
7. If they think what they did was right, then there is no point in giving any justification.
8. One more thing that you can do is that as they finish shouting, you can ask them whether they are done, if the answer is yes, then ask and clear the points that you want to sort out.
9. But do not reply in a heated moment or when they are angry as it can make the situation worse so, it is better to listen quietly.

The Most Awesome Psychological Facts

- Research has found that good relationships are more important to a long life than exercise.
- The average high school kid today has the same level of anxiety as the average psychiatric patient in the early 1950's.

- You're programmed to love the music you listened to in high school the most.
- "Catching" a yawn could help us bond.
- We care more about a single person than about massive tragedies.
- Food tastes better when someone else makes it.
- It takes five positive things to outweigh a single negative thing.
- When one rule seems too strict, we want to break more.
- Our favorite subject is ourselves.
- We automatically second-guess ourselves when other people disagree.
- Our brains want us to be lazy.
- Power makes people care less about others.
- Your brain does more creative work when you're tired.
- Falling in love has a similar neurological effect as getting high on cocaine.
- Optimistic beliefs about the future can protect people from physical and mental illness.
- Holding hands with someone you love can alleviate physical pain as well as stress and fear.
- Volunteers are significantly more satisfied with their lives than non-volunteers.
- People who view TV crime shows consistently overestimate the frequency of crime in the real world.
- People with low self-esteem tend to "try" and humiliate others.

- Depression is the result of over thinking. The mind creates problems that didn't even exist.
- We seem to ignore the ones who adore us & pay more attention to those who ignore us.
- Seeing others positively reveals our positive traits, seeing others negatively reveals our negative traits.
- Opposites don't attract. You're more likely to be attracted someone who looks and thinks the same as you do.
- Memories get distorted over time. The average human has at least one false piece of memory.
- Around 80% of human talk in groups, is complaining.
- You are hard-wired for imitation and empathy
- The type of music, you listen to affects the way you perceive the world.
- A hug longer than twenty seconds will release chemicals into your body that make you trust the person you're hugging.
- People are more honest when physically tired. This is why people confess things during late night conversations.
- People assume it's you, not the situation
- It's not just how much money we make, it's how we spend it.

What Are Some Amazing Psychology And Mind Tricks?

1. Confidence Boost Pose:

Strike a power pose for a few minutes before a challenging situation to trick your mind into feeling more confident.

2. Memory Palace Magic:

Create a mental journey through your house to remember lists by associating each item with a specific room.

3. Color Psychology in Outfits:

Experiment with wearing different colors based on your mood or goals to influence your emotions subtly.

4. Anchoring Emotions:

Associate a specific song or scent with a positive moment, later using it to trigger those emotions.

5. Two-Minute Rule:

If a task takes less than two minutes, do it immediately to overcome procrastination.

6. Mirror Affirmations:

Stand in front of the mirror, affirm positive statements about yourself to boost self-esteem.

7. Pomodoro Technique:

Work in focused, 25-minute intervals separated by short breaks for enhanced productivity.

8. Visualizing Success:

Before a challenge, vividly imagine yourself succeeding to reduce anxiety and build confidence.

9. Gratitude Journaling:

Jot down three things you're grateful for each day to shift your focus towards positivity.

10. Positive Post-its:

Leave small notes with positive affirmations or quotes in unexpected places for a delightful surprise.

What Do You Believe That Almost Everyone Else Disagrees With?

I want to share some opinions about life and relationship that I believe firmly without any doubt:

1. Those who aren't afraid of anything are the scariest.

Fear is an emotion we are born with, and it is an important and positive emotion for the "existence" of human beings. It can be said that without fear, there would be no human existence.

2. We are together because of our similarities, but we grow because of our differences.

The commonalities bring us together, but the differences are the key points that decide whether two people can make it to the end or not.

It's not the things we have in common that should really be treasured, it's those points of difference.

3. Words can be honey or arsenic.

For example, heated arguments are like driving a thousand nails into the hearts of each other and then pulling them out again.

But a good and effective communication is like planting a sapling in the other person's heart. Give more nourishment to each other's hearts and less hurt, so that your love tree can grow stronger and healthier.

4. One must read.

Many people think reading is pointless, but I think it necessary to read for all of us. Reading may not give us all fame and fortune, but it can make us learn to persevere and think in our impatient and anxious society. And it will definitely make us live a happier, more accessible life.

5. Freedom is relative, not absolute.

“Man is born free and everywhere he is in chains”—Rousseau. Chains include things like laws and

regulations, moral ethics and so on. Therefore, freedom is always relative.That is to say, you have the right to refuse to do something, to be able to make trade-offs, to choose freely, without infringing on the freedom of others and ensuring maximum social freedom.

What is the best way to choose life partner?

Here are 8 things you have to consider when choosing life partner:

1.Ability to cope with your family

Your family will always be a key support system in your life. They can tell if your prospective life partner is suitable or unsuitable for you. If he or she cannot cope with your family members, you might be choosing a wrong partner.

2. Find someone who makes you laugh.

A sense of humor can help you overcome many of life's obstacles. If someone can make you smile when you don't feel like it, that's a great quality.

3. Choose someone who respects you

When choosing a life partner be sure to select someone who will respect all aspects of your life. Mutual respect is one of the defining traits to look for in a life partner.

4. Find someone who have shared values

Having shared values reinforces the foundation of your relationship. Simple things such as consensus on the number of children you want or living within your means create a conducive environment for your relationship to thrive.

5. Choose an honest life partner

If a relationship is not enshrined in a culture of honesty and trust, it will definitely fail. Choosing a life partner who does not refrain from open and genuine communication is important.

6. Throw out the Idea of Perfect

Don't make a checklist — mental or otherwise — of traits your future partner must have. You can't conjure up your perfect mate and go buy said robot at Target. If you must make a list, make a list of deal-breakers: no smokers, no drug addictions, no one with a violent felony conviction. Those are healthy boundaries to set.

7. Know how they handle anger

You'll need to observe this one rather than asking about it. Watch how they behave when they don't get their own way, are disappointed, or feel angry. How people act with others under these circumstances says a lot about how they will one day act with you.

8. Find someone who have the same financial and social standards

It is not always important to have the same status, but having a similar financial and social standard helps in thriving together. If one person is very poor and the other is very rich then there is a possibility of being called a gold digger. But there is no exact rule book but do check if your potential partner has the zeal to make it later in life.

Some Mind-Blowing Facts About Social Psychology

- **When women are talking to you about their problems, they're likely not looking for an answer and just want someone to listen.**
- What a person hates is often more reflective of his true character than what he likes
- People who don't like to trouble others, are less like being troubled by others.
- **A person who doesn't talk about the present but always misses the past is probably having a bad time now.**
- Anger is a natural defense against pain, so **when someone says I hate you, it really means "you hurt me"**
- When you're trying to convince someone, make sure they're sitting and you're standing, which will make them believe you more quickly
- The key to confidence is to walk into a room and assume that everyone likes you.
- **Impress someone by mentioning their name.** People love it when someone mentions

their name in a conversation, it immediately builds a sense of trust and friendship.

- If someone has a crush on you, their eyes will be brighter than usual when they talk to you.
- **If you want people to like you, ask them a favor**. If people like someone they are willing to help to that person. Conversely, if people do a favor to someone the brain will assume that you like the person.
- **Liars are usually better at spotting lies.** Studies found that through habit, liars could be better at detecting other liars than people who don't usually lie.

What Golden Advice Did You Learn In Your Life?

1. Life is nothing but earning people and losing them at different stages.
2. Give. But don't allow yourself to be used. Love. But don't allow your heart to be used. Listen. But don't lose your own voice.
3. When you fully trust someone without any doubt, you finally get one of two results: A person for life or A lesson for life.
4. Without communication, there is no relationship. Without respect, there is no love. Without trust, there is no reason to continue.
5. If your absence doesn't bother them then your presence never mattered to them in the first place.

6. The funny thing is when you start feeling happy alone, that's when everyone decides to be with you.
7. Being unique is better than being perfect.
8. High standards protect you from low quality experiences.
9. If someone isn't as excited to talk to you as you are, then just stop talking to that person. You're only going to hurt yourself more with each conversation.
10. It only takes few seconds to hurt someone, but sometimes it takes years to repair the damage. Cherish the hearts that love you.

What is the most important lesson in life?

1. If it still bothers you after 24 hours, speak up within 48 hours.
2. A bad day doesn't mean a bad life.
3. Stop apologizing for expressing your feelings. You're convincing yourself that you are not worth the space you take up.
4. The trick is: as long as you know who you are & what makes you happy, it does not matter how others see you.
5. Stop expecting honesty from people who lie to themselves.
6. The small habits you apply now can be the reason for your success in 2, 5, or 10 years' time.

Overnight success is built on years of consistent work.

7. You cannot change people, you cannot make them think differently or see what you see. Change comes from within. One must want to change for themselves.
8. The struggles you face and the pain you've gone through can become your strengths and lessons.
9. You don't have to be perfect to be loved.
10. Being wanted feeds the ego. Being valued feeds the soul.
11. The secret of your future is hidden in your daily routine.
12. You can live in frustration and bitterness, or you can play the hell out of the cards you are dealt. The truth is not a single person can choose the cards they receive, but everyone chooses how they play their cards.

How can I accelerate my personal growth efficiently?

1.See yourself as a salesperson

Whether you like it or not, you are doing sales. Selling your business, selling yourself, etc. accept it, and work to improve these skills. You will need them.

2. Learn to love criticism

It's fuel for you. Use criticism to improve yourself, your product, or your service. Taking it personally is just a waste of time.

3. You can choose to be happy.

We don't control what happens to us, but we do control how we respond to it. If you feel that you don't have control, you've got some work to do.

4. Nothing in life is free

You always pay for something, whether with money, time, or other resources. Life is a business, and smart business people spend their resources wisely.

5. Improve your skills

Highly paid people are well compensated because they have skills that are hard to replace. Adopt a growth mindset, get better every day, never stop improving.

6. Create something

Examine all the time you spend consuming information, products, and entertainment from others. Use some of that time to make something yourself.

7. Think big, act small

Setting ambitious goals is great, but remember, it's the work you put in each and every day that matters.

8. Problems are just unanswered questions

A problem is just a question that hasn't been answered yet, don't panic, stay calm and figure it out.

What is something that needs to be said?

1. Don't use a person to forget another.
2. Leaving your hometown in your 20s is a life hack.
3. Not all success is due to hard work, it can be due to smart work.
4. The beliefs you have about yourself will determine how you treat yourself.
5. Sometimes people don't have the capacity to love us the way we need to be loved.
6. Growth and change can feel uncomfortable. But, lack of growth and change can be detrimental.
7. We may keep encountering the same lesson until we are ready to learn it. It's normal.
8. We gravitate towards the familiar because it gives us a false sense of safety. Most of us will choose a familiar pain over an unknown alternative.
9. The deepest form of loneliness comes from being estranged from ourselves, not from others.
10. Relationships are not just something we choose, they are something we build.
11. Communication is not just about what we say, but also about how we say it.

12. There is often an emphasis on us learning how to offer love, rarely are we taught how to receive it. Both skills are equally important for us to have.

What screams "I'm pretending to be upper class"?

They constantly need of validation, all they talk about is money.

- The fake rich always need you to comment about the size of their home or the luxury of their cars. They will seek approval for their lifestyle choices. They buy expensive things because it's the easiest way to make others think you have tons on money to blow
- While the upper class tends to be more humble and hardly boast of their wealth. In fact, most of them would refuse to admit that they're rich.

They care more about brand perception than the quality.

- They are not below buying fake products and try to pass them off as genuine, they don't mind about the quality as long as brand is visible and the bigger the logo the happier they are.
- People who are truly rich don't care about brands instead they only focus on comfort and quality. Unless they are looking to make a statement the rich sticks to more subtle pieces.

They buy the FAD

- They spend money on material things which has a short time span, you will see them buying custom made i-phones or technology embedded with diamonds and gems forgetting that in few months from today a new version of the gadget which will be more cool than the current one will be out.
- Basically, they are always hit by the fear of missing out (FOMO) thus they jump on trends they don't understand just because that's what the action.

Their circle is made up of other fake rich people.

- Pretenders gravitate to one another, and they hang out all the time everyone trying to one up one another discussing how wealthy they will become very soon and how each one of them has multiple projects in the works.
- They eat in fancy restaurants and orders expensive bottles of liquor while assuring each other that it's only a matter of time until they are super rich.

Can you tell me something inspiring?

Read this answer if it has been tough lately.

1. It's okay to feel what you're feeling.
2. Sometimes in life, we just need a hug. No words. No advice. Just a hug to make you feel better.

3. You are loved and you are seen. You are magical and magic itself. Please don't ever dim your light.
4. You have more power than you think to change this situation.
5. You don't deserve what's happening to you. But it will serve you in the future.
6. I hope you'll always remember, there are still things to be grateful for.
7. Things will work out for the best.
8. Self-love is being honest with yourself, especially when the truth is hard to admit.
9. Celebrate your small victories. Improving 1% a day makes you 37% better in a year. Don't overlook the power of little progress. Master the art of continuous development.
10. You don't need to have everything figured out right this second.
11. It wasn't a waste of time if you learned something.
12. I know there are days when you feel like giving up but I think it's brave that you never do.

What are some things nobody tells you about life?

1. Understanding is deeper than knowledge, there are many people who know you, but very few who understand you.

2. Truth is like a surgery, it hurt but it heals. A lie is like a painkiller, it gives instant relief but has side effects forever.
3. Nobody is ever too busy. If they truly care they'll make time.
4. Listen to people when they're angry, because that is when the real truth comes out.
5. It kills when you do so much for someone special and in the end you get, "did I ask you to do all that for me"
6. Some say it's painful to wait for someone. Some say it's painful to forget someone. But the worst pain comes when you don't know whether to wait or forget.
7. If you aren't happy single, you won't be happy taken. Happiness comes from within, not from people.
8. Cheating is a choice, not a mistake. Loyalty is a responsibility, not a choice.
9. People don't always need advice. Sometimes all they really need is a hand to hold, an ear to listen, and a heart to understand them.
10. Every year teaches two things: no one is permanent. Life has to move on.
11. "A good heart will always be happy." But I think a good heart most of the times get hurt badly because it expects only good things from others.
12. Never be a prisoner of your past. It was just a lesson, not a life sentence. Always remember that.

What Are Some Things You Realize As You Get Older?

1. Loneliness doesn't stop when we are surrounded by people. It stops when we are seen for who we truly are.
2. Actions and words both have value, it's when the two don't align that the value is lost.
3. Our partner cannot fulfill our needs, and it's not their job to do so.
4. If it doesn't bring peace, profits, or purpose, then don't give it your time, energy, or attention.
5. A lot of conversations need to be had in person. Tones need to be heard, facial expressions need to be seen.
6. Your greatest test will be how you handle people who mishandled you.
7. You can mute people in real life too. It's called boundaries.
8. Never lose your self-respect for someone who doesn't care about your feelings and emotions.
9. Some people will always be important, with or without a conversation.
10. When you care for someone more than they deserve, you get hurt more than you deserve.
11. The people we choose to spend time with will shape who we become.
12. Life hack: Replace judgment with curiosity.

What is the deep secret of life?

1.Unconditional love is not unconditional tolerance.

2. Grind in your 20's. Build in your 30's. Chill in your 40's.

3. Bad communication ends a lot of good things.

4. Real friends: when you get to the top, your friends know who you are. When you hit the bottom, you know who your friends are.

5. It is not about the size of circle. It is about the loyalty in it.

6. Your biggest supporter is a stranger. Your biggest hater is someone you know.

7. After you hit a certain age all you want is Money, Stability, and Peace of mind.

8. Standards: high

Focus: sharp

Confidence: on

Self-doubt: off

Gratitude: on

Intentions: set

9. The level up is about improving, not impressing.

What are top 10 professional life hacks?

1. At every job you should either earn or learn. Either is fine. Both are best. But if it’s neither, quit.
2. Praise publicly. Criticize privately.
3. Talent and skill will put you on a path but it won’t get you to the destination. That is up to you.
4. Don’t call someone more than twice continuously. If they don’t pick up your call that means they have something more important to attend to.
5. Return money that you have borrowed even before the other person remembers lending it to you. It shows your integrity and character. Same goes with umbrellas, pens and lunch boxes.
6. Never order the expensive dish on the menu when someone is treating you for lunch/dinner. If possible ask them to order their choice of food for you.
7. Do free work for someone you very badly want to learn from. If you're good at what you do, that free work almost always leads to bigger and better opportunities.
8. Identify a problem, create a solution, monetize the solution.

9. Always open the door for the person coming behind you. Doesn't matter if it is a guy or a girl. You don't grow small by treating someone well in public.
10. Respect different political opinions.
11. Be kind to people, everyone loves to receive good treatment from others.
12. **Dress well**. Always. A lot depends on how you look!

What is the most important thing you have learned in life?

1.Never sacrifice three things: your family, your heart, and your dignity.

2. Practice like you've never won, and perform like you've never lost.

3. What other think of you is none of your business.

4. There is no price tag on confidence. The only way to have it is to unapologetically be you.

5. Let love come to you, no need to rush. You'll find the right person at the right time someday. In the meantime, focus on being the best you that you can be.

6. Regardless of what you've achieved, there will always be someone better than you are.

7. Your objective in this life is not to be in competition with others. It's about reaching your own potentials and walking your own path.

8. Your words have power. Always strive to mean what you say. Use your words sparingly and wisely.

9. Give others a second chance; everyone deserves it.

10. What you were in the past does not determine who you will be in the future. Do not believe in labels assigned to you by people when you were younger.

11. People can't read your thoughts. Don't expect people to guess your thoughts and feelings. Just tell them.

12. The kind of people you surround yourself with can influence your view on life.

Look around you to see if the company you keep reflects the person you are or want to be. If not, find a community of like-minded people who support you and inspire you to be your best.

13. Don't be afraid to be different. Embrace your uniqueness and let it shine. Those hidden qualities are your assets.

14. Not everyone will like you, and that's OK. It's the same with you can't please everybody. Yet, the world does not end there. Keep being awesome anyway.

15. As much as possible, stay away from alcohol. Do not let alcohol take a hold on your life.

16. The way to love anything is to realize that it may be lost.

17. Whatever is causing you worry or pain right now won't cause you to worry and pain forever. Time heals. Things change. It will pass.

18. Your parents know a few things. They may not have all of the answers, but their many life experiences do provide them with wisdom and knowledge that can be extremely helpful to you.

19. Find beauty in the little things. Taking the time to appreciate the world around us and the precious moments of beauty is part of being alive.

20. Every second you spend comparing your life to someone else's is a second spent wasting yours.

What makes a man fall in love with a woman?

1.Women as the safest place for him to go on the planet

Your arms, eyes, and lap, those have to be a refuge for him. If you become the safest place on the planet for his heart's secret needs; he will never leave.

2. Women who make them feel like they matter

Appreciate him when he goes out of his way to buy a gift or provide you with much-needed emotional support. Tell him that he made a difference in your life.

3. Women who accept them for who they are

If you can encourage him to be his authentic self, it makes you extremely approachable and lovable. When he feels safe and comfortable, he'll open up to you.

4. Women who push them and inspire them

A woman who excels in her pursuits, whether it is career, fitness goals, social milestones, or anything that truly fits his description of excelling at life, can be extremely attractive to men.

5. Women who are secure in the relationship

Men are attracted to strong and confident women, period. Confidence is one of the most attractive traits a woman can have. If you are secure and confident, he will feel the same, and this will lead him to open up more about himself and be able to show his vulnerable side.

7. Women who are open to the idea of love

If a woman is resistant to being loved, a man will quickly lose interest. He won't be able to open up or show love if he is continually being shut down. You need to be open to the idea of love and communicate your intentions and emotions.

8. Women who don’t fight their femininity

Men love to be with a woman who is authentic and confident in expressing her feminine side. Men are task-oriented and love it when their efforts are validated and valued, especially if it’s a physical task. So if you feel like he’s taking charge or trying to help you, it’s okay to lean back and let him do it occasionally.

9. Women who don’t play mind games

For instance, not answering calls or texts promptly is part of the mind games that can be counter-productive. This may lead to him acting nonchalant as well and not committing himself fully to the relationship.

Men like women who are honest and open with them about the things that really matter.

What is maturity? How can the maturity of a person be defined?

1. Being capable of introspection and having the ability to rationally approach issues from multiple point of views
2. Accepting you don't know everything and, subsequently, being willing to listen to others and learn.
3. Knowing the difference between "I have money, I can buy that" and "I have money but I cannot afford it at the moment".

4. A spiritually mature person is always grateful and acknowledges all the blessings in life and treat the people around with equal respect.
5. Maturity can only teach lessons from misfortunes and mistakes. He, who has matured in life will not get depressed when situations are against him, they think about solutions and lessons.
6. Maturity is when you stop trying to change people and instead focus on changing yourself. By learning about your strengths and weaknesses, you change yourself constantly for your greater good.
7. You know when to start a conversation and where to stop it. You can observe that you wisely choose in which conversations you need to participate
8. Maturity is when you accept people for who they are. This is not easy for an immature person but it is a learned lesson for a mature person, so their acceptance level is more.
9. Maturity is when you understand that everyone is right in their own perspective. When you are mature enough, you know that each person has different perspectives and story to back it.Hence stop judging others.
10. Maturity has to be present in all of society as it is a sign of open- mindedness and acceptance to create a balance in the lives of people in the communities. Better communities create better countries.

11. Maturity is when you can drop "expectations" from a relationship and give for the sake of giving. This kind of relationship can withstand any problem and last.
12. Maturity is when you understand that whatever you do, you do for your own peace and overall wellbeing of all.
13. Once you are mature enough, you stop proving to the world how intelligent you are. You stop seeking unnecessary attention and drama. You are emotionally mature. You can productively use your time and energy.
14. Maturity is when you focus on positives in people and have a positive outlook as your top priority in any situation.
15. Maturity is when you do not seek approval from others and rely on your own judgement, hard work, and talents to succeed at anything.
16. Maturity is when you are at peace and happy with yourself. You are satisfied with all your accomplishments and ready to take on more.
17. Maturity is when you stop comparing yourself with others. You know you are unique and important.
18. As a mature person, as you age, you usually follow a spiritual path. You know the value of growing spiritually is equally important for a content life.
19. As a mature adult, you have a clear idea about yourself, your actions follow your words.
20. Maturity is not a measure for age in people, it is present in younger ones as well. It mostly

depends on one's intellect, openness to learning, acceptance, and balanced or rational way of thinking in any individual.

Signs That Indicate Someone Is A Brilliant Man

1. You realize that even if you can notice everything, you can still choose to not react to everything.
2. You realize you can disagree with people without disrespecting them. You realize you can disagree with people without raising your voice.
3. You stop judging people for their looks. You stop judging people for speaking their minds. You feel you do not belong to conversations that are about people.
4. You start showing up and leaving on your committed time. People know you for your punctuality.
5. You realize encouraging others to do better, makes you become better. You appreciate people for their efforts, not only for their results.
6. You stand up for people close to you even when they are not around. You talk well about people behind their backs.
7. You stop getting bothered when people tell you that you cannot do something because you understand that they say it due to their limitations and not yours.

What are your realizations when you get older?

1. Nobody cares about how you look, where you stand and what happens to you. So it's better to stop living in your head or get worried about what others might think about you. It doesn't matter to walk in flipflops till the end of the earth and eat in any ground folding your legs and whatever. Do whatever you feel like doing.
2. Life is in moments and nothing else.
3. Life is too short to worry, get tensed or be too serious about anything.
4. We must forget and forgive for our own benefits.
5. Everyday is a new beginning and opportunity to start whatever you want to achieve.
6. Health is the topmost priority in your life.
7. Wealth is not everything.
8. It doesn't hurt to be kind. To be forgiving. To be outspoken.
9. Past doesn't exist at all. Let go all of it.
10. It's useless to explain to someone who pretends to visualise the white colour as black or grey or whatever.
11. Everything is temporary.
12. You can't be hero or villain in everyone's chapter and that's normal.

13. Shutting your mouth is the savage one. Let people be clueless their whole life who tried to damage you what you are upto.
14. Nature heals everything. Broken heart. Mood swings. You name it.
15. Life is cooking, doing dishes, going for a job and repeating that over and over again for the rest of your life 90 percent. So don't take the other 10 percent of your life for granted and enjoy!
16. You are responsible for yourself whatever others do to you. At the end only you are answerable to yourself.
17. Self love and self respect is the basic yet powerful tool for your peaceful life.
18. Attitude is everything. You are sad? You want to stay in the couch forever? Or you want to go out in the sun? To feel better.
19. People die more often than before and that's bizzare but normal. Your turn will come too so brace yourself tight before it's over.
20. Nobody loves you for who you are. Maybe only 0.1 percent of them? Where are they? I can't find them!
21. What you eat, matters. What you think,matters.
22. Age is just a number.
23. You are who you spend maximum number of time in your life. So love yourself first always.
24. Nobody is perfect.
25. Eat that cheese cake but eat that greens too. It's about the balance in life.
26. Don't depend on anyone.

27. Cut off overspending and oversharing. It overshadows your life. Do everything in limitations.
28. Dance till your ankle hurts. Laugh until your stomach hurts. Sleep until you feel rejuvenated. It's power pack.
29. Take care of your body and it will respect you.
30. Everyone is good at something. Grab that from them and apply it in your life. Every living creatures are good and worthy of something or other so treat everyone with respect and value.

When Society On Denial of You

1. Wake up early
2. Focus on effort, not results
3. Small circle, private life, peaceful mind.
4. Your simplicity makes you beautiful.
5. Stop looking for happiness in the same place you lost it.
6. Strict with yourself, forgiving of others
7. No expectations, no disappointments.
8. If it’s meant to be, it’ll be.
9. Focus on what you can control
10. Nobody knows your worth better than you.
11. What is coming is better than what is gone.

Best Tricks In Life Which You Have Learned

1. Life is a journey, not a destination

2. Time is our most valuable resource
3. Focus on your own journey
4. Embrace change
5. Invest in relationships
6. Take care of your health
7. Embrace failure
8. Be kind and forgiving
9. Pursue your passions
10. Take responsibility for your actions
11. Be grateful
12. Surround yourself with positive people
13. Set clear goals
14. Learn from your experiences
15. Practice patience and persistence
16. Be confident in yourself
17. Take care of your mental health
18. Find balance in life
19. Learn to let go
20. Seek knowledge and continue learning

What are some things you realized when you got mature?

1.No matter what, **Respect Women**. For that matter, start from your mother.

2. **All the women that weren't interested in you will come around** when you're focused on your career and don't have time & feelings for them. (they like men that are ambitious and busy but they also complain when you're too busy to spend time with them)

3. Mental illness is very real and very scary, it does not discriminate and can affect everybody, even the richest, healthiest people.

4. Time moves unbelievably fast.

I think we all remember our childhoods as a huge chunk of our lives, our perception of time when we're younger is entirely different to our perception of time as adults.

5. You will know how important money is in marriage.

The reality is that personal finance issues are the leading cause of divorce and in order to live happily ever after, you must be on the same page as far as your finances are concerned. So, be wise when you're choosing a life partner.

6. Life is on repeat, but it's different everyday.

Waking up to go to work, exercising, juggling all kinds of tasks all day every day, just to go to sleep and repeat it again. The challenges you face are the only things that really differ from day-to-day.

7. Being selfish is OK.

Putting yourself, your mental and physical health above others is completely ok. You can't run on half empty. Look after yourself first

8. Never get too attached to someone.

Because attachments lead to expectations and expectations lead to disappointments

9. It is better to keep silent.

Sometimes when you explain much, it does not help. The more you explain, the more people will suspect you. People don't like to hear others explanation/words, they only wanna hear the answer that they expect in their heart.

10. It's better to walk away than to argue even though you are right.

Arguing with those low EQ/IQ people will just downgrade you. Walking away from an argument doesn't mean you are wrong.

Some Life Lessons

Here are some life lessons that my parents told me, let

me share with you:

1. **80/20 rule.** Most of the people in your life are useless. Less is more
2. **Don't put all your eggs in one basket.** Never depend on a single income. Make investments to create a second source.
3. **Don't make any decisions late at night.** The night is the most vulnerable and sensitive time for people, it is easy to irrationally do

something that you will regret the next morning.

4. **Lower your expectations.** Don't expect too much from your close lovers, friends, or even loved ones; the greater the expectations, the greater the disappointment.
5. **Never stop making money** and start saving money now. Save as early as possible and let that money grow.
6. **No one wants you to be yourself**. They want you to be the version of yourself that they like.
7. **Everything has a price**. The price, however, isn't always money. -Ahmed Mostafa.
8. **Don't date the average.** Be very picky with whom you give your energy. To reserve your time, intensity, and spirit exclusively to those who reflect sincerity.
9. **You can't please everyone.** You don't need everyone to agree with you or even like you. It's human nature to want to belong, to be liked, respected and valued, but not at the expense of your integrity and happiness.
10. **Your health is your most valuable asset,** always appreciate, nurture, and protect it
11. **There's no shame in not knowing.** No one has it all figured out and nobody has all the answers. Pretending to be perfect doesn't make you perfect. It just makes you neurotic to keep up the pretense of manufactured perfection.
12. **Love is more than a feeling; it's a choice.** We have to choose to let annoyances pass, to

forgive, to be kind, to respect, to support, to be faithful.

What are things worth pursuing in life?

1. Be a person of **integrity**: say what you mean and mean what you say.
2. Share a warm **embrace**. Hug someone. Let them feel loved and cherished.
3. **Kindness**. Everyday set out seeking to be good to people. A little kindness is all that is needed
4. **Think abundance**. Don't limit your thinking by your feelings and by what you see. Break every barrier in your mind.
5. **Falling in love**. We all know the deal with this one. It comes to most of us in one way or another and at various points in life. **Start being grateful**: be thankful for what you have right now. Family, friends, and everything about you. The more grateful you are for what you have the more you get to be grateful.
6. **Contribute to the world**. Whenever you contribute, you know that you are doing something good, and you will feel better.
7. **Venture out of your comfort zone.** The world changes all the time. Once in a while, you must venture out of your comfort zone to grow yourself.
8. **Deep relationships**. We are wired for community. Whether you're young or old, married or single, kids or no kids.

9. **Develop your passion.** Steve Jobs said that you are going to spend most of your time in your work, so you must do great work to be fulfilled. And the ONLY way to do great work is to have a burning passion for it. This not only apply to your work. In fact, it applies to every area of your life.
10. **Health**. Eat healthily, consume less junk food and exercise daily

What is the best way to escape poverty?

1.Learn to sell

This is a technique Steve Jobs and Google co-founders Larry Page and Sergey Brin used brilliantly: Don't start with the product details; tell people why the product will change their life.

The ability to sell is not reserved for a few set of people. Anyone can learn this skill. If you want to escape poverty, the ability to sell can get you out faster than any other skill. There is no best-written author, but best-selling author.

2. Pick your partner wisely

Marriage can be a pathway from poverty, but only if people are 'marriageable,' and marry well. Get a partner who will not only support your vision but will also push

you to achieve more. Just like Mackenzie has done to support Jeff before creating Amazon. A real partner can help you obtain favour and power to create wealth. In a word, your greatest investment is a financial stable and ambitious partner.

3. Remove yourself from the statistic of the poor

The first step to help the poor is to not be one of the poor. Poverty comes with a lot of mental baggage. You can't become a person of success while still identifying yourself as poor. Eliminate all those labels associated with poverty from your lips. Stop referring yourself as among "the poor masses". Start surrounding yourself with progressive and successful people.

4. Move your service from intermediate to professional

Listen attentively to this. People do not hire you or patronize your business or service because they want to help you get out of poverty. They do so because they need to solve a problem. Focus on helping them get what they want, so that you can get what you want.

If you are in business, you need repeat patronage; in the professional world, you need referrals and recommendations. Don't go about burning your bridges. Start cultivating positive relationships around your work.

What are some hacks that everyone should know?

1. When you sign up for anything online, put the website's name as your middle name. That way when you receive spam/advert email, you will know who sold your information.
2. If you're on a first friend meet and aren't connecting with the other person or feel they're dull, ask them what job they'd choose if money wasn't an issue. It initiates a talk about one's passions, which are rarely dull and are simple to connect.
3. If you want to be an effective communicator, let others talking about themselves and their interests.
4. Do not try to be the man your father would want you to be. Be the man you would like your son to be be. It more clearly defines your own convictions, desires, goals, and motivates you to be your best.
5. Pay Attention to the smell of your home when you come back from a trip - that's what it smells like to guests all the time, you just get used to it.
6. When a friend is upset, ask them one simple question before saying anything else: 'Do you want to talk about it or do you want to be distracted from it?'
7. No matter how much your workplace pushes "team building" and "family culture" -

remember, they're not your friends and it's still a workplace.

8. If you're stuck on an annoying call, put your phone on airplane mode instead of just hanging up. The other person will see "call failed" instead of "call ended".
9. If you want to learn a new language, figure out the 100 most frequently used words and start with them. Those words make up about 50% of everyday speech, and should be a very solid basis.

What is the deepest truth you have discovered in life?

1. We have two options: learn and grow, or repeat.
2. Value the person who gives you time, it's not just time, they share a part of life with you.
3. You don't need to apologize for things that are not your fault.
4. Marriage is not scary, marrying the wrong person does.
5. Choosing your partner is also choosing your future. Make sure you find the right one from the beginning.
6. We may keep encountering the same lesson until we are ready to learn it. It's normal.
7. Every relationship needs boundaries.
8. It's not your job to accommodate other people's insecurities by making yourself small.

9. Loyalty without boundaries can be a form of self-harm.
10. Communication is not just about what we say, but also about how we say it.
11. Sometimes people are Investments and some people are Bills. Know the difference.
12. Sometimes you need your feelings hurt, so you can wake up and focus on you.

Most Interesting Facts About Human Behavior

1. People who understand sarcasm well are often good at reading people minds.
2. Those who sit upright are much happier than those who slouch.
3. Being silent is the best way to get someone to confess something, as they get uncomfortable and desire to talk.
4. Think of being with your loved ones before posting for a camera, this shall bring a natural smile to your face.
5. Cuddling releases natural painkillers, oxytocin. It decreases headaches significantly.
6. Your mind can sense someone staring at you even while sleep.
7. The reason we feel confident to sing in the shower is partly that the shower reverb of the shower boosts the voice, adds more bass and sounds more powerful, thus boosting the singer's confidence to sing.

8. The more you talk about someone, the more you are likely to fall in love with that person.
9. We tend to miss moments and how they made us feel over the person themselves.
10. Attractive people are not always sincere. People tend to favour those who are charming but looks can be deceiving.
11. Most people type faster when there's someone they like.
12. You appear more attractive to a person when you make them laugh or smile.
13. 80% of women choose silence to express pain. You should know she is truly hurt when she chooses to ignore you

Some Lessons That Life Teaches You

1. Cooking and cleaning is a basic life skill and not a gender role.
2. If you don't clear your misunderstanding in time, they became the reason for distance forever.
3. If you want it, work for it. It's that simple.
4. The gap between the life you could live and the life you are living is called focus.
5. If you're not meeting to opposite gender to marry, then you're going for heartbreak. Let that sink in and be in serious relationship.
6. Stop comparing yourself with who started 10 years before you. Focus on your own journey.
7. Confidence is not "I'm better than them", confidence is "I'm great, so are they"

8. Every time I lower my frequency to meet someone on their level I end up paying for it. That's a lesson I really don't need to learn anymore. Rise up to meet me.
9. Real growth is when you start checking and correcting yourself. Instead of blaming others, you take your power back by being responsible for your life.
10. You can't go back and change the beginning, but you can start where you are and change the ending.
11. Being kind to yourself is the best medicine.
12. And there is always, always, always something to be thankful for.

Creepy Psychological Trick

The 5th is very practical.

1.On an airplane, if your seatmate is hogging the armrest or being too chatty, just grab the barf bag. Works every time.

2. When you're in an argument, find something to agree on, then push your main point.

3. Be direct and personal when you need things. Instead of asking IF anyone has an EpiPen, ask WHO has an EpiPen.

4. **Want to make people instantly like you? Spill your coffee.**

Seem weird? But a lot of studies confirm that pointing out our vulnerability actually increases our attractiveness and trustworthiness. BUT you have to make sure they already know you're credible.

5. When you need to find out a name eg for a lead, you say 'Oh is John still managing up there?' They go 'no it's Mark now.' Works with anything, **just use a fake.**

6. If you look happy to see someone every time you see them, they will eventually be happy to see you.

The Lessons People Most Often Learn Too Late In Life

Here are some lessons that people most often learn too late in life:

1. No matter what you look like, if you carry confidence, you can attract pretty much anyone.
2. Time you enjoy wasting is not wasted time.
3. **Time doesn't wait for anyone**. So don't just wait for things to happen, instead work for it.
4. Never breakup with somebody over text or call. They deserve to see the human emotions no matter how hard it is.
5. Never beg someone to stay. The right one will always stay.
6. Family matters more than friends. It's not asking you to give up your friendships, but never take

your family for granted or treat them like they are second-best.

7. **Everything is temporary.** Remember that you only have a limited amount of time to spend with your parents, friends, and family.
8. Don't compete with everyone else. Just be the best you can be.
9. **Talk to yourself sometimes**. It helps improve your mood and enhance your intelligence and boost your self esteem.
10. Don't overcomplicate your life by thinking too much. As the saying goes, 'never lie in bed at night asking yourself questions you can't answer.'
11. **Treat yourself with love and respect.** Forgive yourself for your past and begin to treat yourself like the person you want to be.
12. There is no reason to feel worried about what people think all the time. People aren't thinking about you as much as you think
13. It is never too late to learn something new**.** Always stay curious, and try to learn something new every day.
14. **You need to know your destination in life**. It is more important to see the goal, rather than the path.
15. No matter how tough things get, **happiness is always a choice.** Try to see the world with a "glass half full," and things will begin to get better.

16. **Eventually, things get better.** No matter how terrible a situation may be, there will always be a light at the end of the tunnel.
17. Do not hold back from saying the things you need to say. There is nothing more tragic than regretting things left unsaid.
18. **Age is just a number:**

Many people feel pressured to get married, have kids, or buy a house before they become "too old" to do so. But age is just a number. So many people look and feel completely different at all ages. You're only as old as you feel. Take good care of yourself, try to live a healthy lifestyle, and never give up on your dreams regardless of your age.

What Are The Top Rules Of Your Life?

1.Be private and low-key. Don't tell people more than they need to know. They can't mess with what they don't know.

2. Rules about career: At every job you should either earn or learn. Either is fine. Both is best. But if it's neither, quit.

3. Live in the moment. It means letting go of the past, and not waiting for the future. Today is the right day to start, believe, do and mostly alive.

4. Ask yourself these two questions

When you're making tough choices and deciding what to do in a certain situation, ask yourself…

- What would my future self in five years decide?
- What is the end goal I want from this?

Sometimes life seems busy or stressful because we're sitting in confusion in our heads. Whenever I feel this way, I ask these questions, and I usually get the answer I need.

5. Create a list of three priorities for every day (do this the night before)

Instead of keeping crazy to-do lists, create a to-do list at night for the next day with three priorities for the next day. List them in order of importance. This way, anything beyond the list is extra.

6. Practice saying "no" once a day

Saying no is one of the best ways to cut things from your life. The easier it is for you to say no, the more likely you'll actually say no. The way to get good at it is to start small and to do it often. I suggest practicing saying no once a day for little things. Just do it intentionally and see how much easier it gets.

7. Refuse to indulge in "I don't know" or being "stuck"

Instead of allowing yourself to sit in "I don't know," switch to "I'm figuring it out." At least this gives you momentum. Like Wayne Dyer says, "You are not stuck unless you decide to be."

8. Stay Hungry, Stay Foolish

Never be satisfied, and always push yourself. Do (or be willing to keep trying) the things people say cannot be done.

9. Rules about money: I'm not after the money. I'm after the freedom that comes with having money. Two very different goals.

What Are The Behaviors Of A Confident Person?

1. **They display composure.** Confident people are usually the last to panic or the only ones not to.
2. **They are not easily offended.** Simply because they know their worth.
3. **They speak with authority**. Authority comes with knowledge and experience. confident people approach every conversation free of doubt and rich with assurance.
4. **They are decisive**. One of the biggest fuels of procrastination and therefore failure, is indecision. When your confidence is built, choosing becomes easier and you become even more decisive.
5. **They are loving & humble**. Confident people have grown to love and accept themselves so much, that the practice of it has made them perfect.

6. **They don't seek attention**. Confident people know that being yourself is much more effective than trying to prove that you're important.
7. **They take an honest look at themselves.** True confidence is firmly planted in reality, it's important to do an honest and accurate self-assessment of your abilities.
8. **They maintain an open body posture**. They'll have their head up and look you directly in the eye. Their body language is open and inviting.
9. **They are able to say "no."** The ability to say "no" gives you more power over your time and emotional health. A confident person is comfortable saying the word "no" to others.
10. **They never stop learning.** Knowledge fuels confidence and ignorance fuels doubt. Coincidentally, the more they learn, the less they judge others.

Some Of The Most Awesome Psychological Facts

- People who like to write are more imaginative.
- We are troubled by lying to those who trust us blindly.
- Under stress we feel more sleepy and hungry.
- Boys who have a serious nature and who do not run after every other girl, girls are more attracted to those boys.
- When you really like someone, you expect some truth in their lies, too.

- We forget the mistake made intentionally and the mistake made inadvertently bothers us.
- The mathematical mind of boys is much faster than girls.
- People consider it bad to be called backward and then do anything for the reservation of that backward.
- Children with good faces get less punishment in school than other kids
- It's hard to look into the eyes of the one we love.
- Those who talk less and talk only on the issue are adept at hiding secrets.
- Understanding yourself is much more difficult than understanding someone else.
- If you are not enjoying your journey then you will not be able to enjoy your destination either.
- Girls are very good at face reading.

Easiest Psychological Trick You Can Play On Someone

Here are 7 easy psychological tricks you can play on someone, and I think No.3&4 are worth a try:

1. If you have a friend who does not want to share something with you, ask them a question and it feels that they are hiding something, simply keep an eye contact and say nothing. The silence combined with eye contact will make them uncomfortable and then they may speak what they are hiding.

2. If you want to give someone a sense of power without giving Power: Whenever talking with someone, & you feel they're not paying attention to you, stop and ask for their permission to continue the conversation. You'll get their full attention because now listening to you, is their own choice (they feel important & powerful).

3.If you want to correct someone without correcting: You can draw someone's attention to their mistake without accusing them by simply changing your sentence. Instead of saying, "You didn't close a window before you left", you can say, "The window was left open all night."

4. If you want to ask a friend a big favor, ask them for a small one first. Alternately, if you want to borrow $50, ask for $200. The person is inclined to refuse the big amount and give you the smaller one which you actually wanted.

5. If you want to find out whether or not they were watching you, try this simple psychology trick: Yawn.

Make sure they can see you when you yawn. After you yawn, turn and look at them. If they're now yawning, you know that they were watching you.

This is a great trick for anybody who wants to find out if someone is showing an interest in them, like a crush or so on.

6. If you're often in crowded places, and want to clear yourself a path: Just look in the direction you want to go.

Don't look at the people around you, the environment, your phone or your friends. Just look at where you're headed, and people will make an effort to move out of your way.

7. If you're in a group gathering or meeting, and you think someone is likely to become aggressive towards you, sit next to them. It makes things harder and more awkward to show anger.

Some Examples Of Double Standards

1.When movies need an ugly guy, they hire an ugly actor. When they need an ugly girl, they hire a gorgeous actress and put glasses on her.

2. When a man hits a woman it's considered an act of abuse, but when a woman hits a man it's considered an acceptable display of anger. Violence has nothing to do with gender.

3. In fictional stories, when a man flies he's a hero, but when a woman does that she's a witch.

4. Father are often praised for whatever they do for their kids, while a mother is often criticized for the same actions.

5. When a woman cries, it's viewed as normal. When a man cries, he's told to man up.

6. No matter their skills, men are treated like they know more about any given subject, while women always have to prove their knowledge.

7. We have a “You go, girl” attitude toward curvy girls with skinny guys and accuse slim girls of being materialistic when we see them with a heavier man.

8. We justify every mistake a man makes and generalize women’s mental abilities when it comes to tiny mistakes.

Best Piece Of Advice About Life

1. The quickest way to double your money is to fold it over and put it back into your pocket.
2. Never ask how stupid someone is, cause they’ll turn around and show you.
3. Don’t approach a bull from the front, a horse from the rear or a fool from any direction.
4. Stop looking for someone to love you & start looking for someone that deserves your love.
5. You don’t ask, you don’t get.
6. There are plenty of ways to enter a pool. The stairs is not one of them.
7. If a street performer makes you stop walking, you own him a buck.
8. When entrusted with a secret, keep it.

9. Marry with standards, not expectations. Just sit back and see if they can meet your standards or not.
10. Just because you can doesn't mean you should
11. You only get one chance to notice a new haircut.
12. Don't dumb yourself down.
13. You are what you do, not what you say
14. Don't lose sight of the hobbies you enjoyed as a child. They will help you live as you grow older.
15. Don't let your yearnings get ahead of your earning.
16. Don't dig for water under the outhouse.
17. friendship advice you should know: if they like you, you'll know. If they don't, you'll be confused.

Psychological Tricks And Hacks Are Useful To Know

1. Here's how you can speak well-organized anytime anywhere.

There are 3 elements: the current status, estimation, and response.

Just presenting them in order makes you appear very organized and insightful.

For example:

"The car broke down now, judging from the current traffic on this road, it's unlikely we'll find anyone to tow our car, so let's call for roadside assistance."

2. When asking someone for a favor, start by giving them a compliment.

For example:

"I'm impressed with your work on the last project we did together, and I feel confident that I can trust you with this task as well."

3. If you want to persuade someone, just say things that sound illogical at first but carry an vibe of mysteriousness.

This way, they will be drawn into these seemingly meaningless statements, feeling that your thought process operates on a higher level, and are more likely to agree with what you say next.

For example:

"If you can forget what you should have forgotten from the past, shouldn't you understand the workings of the subconscious? How exactly should it operate?"

4. During an interview, present your personal desires as the company's needs.

This significantly increases your chances of being hired.

For example:

Instead of saying you enjoy writing, express that the platform's content captivates you, and you aspire to contribute as a valuable member of it.

5. If you find yourself easily getting into arguments with someone, try using another 3 elements: facts, feelings, and hopes.

For example, let's say your partner kept you waiting in the cold for an hour.

Instead of saying:

"Do you enjoy making me wait? Can't you check the time? Do you ever think about me?"

you can say:

"I waited for you for 58 minutes earlier, and this month alone, I've waited for you for over half an hour five times. Constantly waiting like this makes me feel like you might not be considering my time. I hope we can be more mindful of each other's schedules."

6. When praising others, it's often more effective to compliment what they might not be consciously aware of.

For instance, if you praise Usain Bolt for his incredible speed, he might not feel it as much. However, if you compliment him on something like, "Wow, I've noticed you have great handwriting," he might feel genuinely pleased.

7. When expressing gratitude for a gift, forget about the price and emphasize your heartfelt appreciation.

For example:

"This bag must be expensive! " (✗)

"I've always loved this bag. " (✓)

8. For anything work-related that falls outside of your scope, the safe response is always a simple "I don't know" added by a reason.

For example:

Person A: "Where's Alex? Where did he go? He's late again?"

Person B: "I don't know, I was checking emails."

05 Greatest Lies Society Tells You

1. The Lie of Inherent Worth Coupled with Material Success:

Society instills the notion that self-worth is inextricably linked to professional accolades and material accumulation. The fabrication insists upon a pseudo-equation where your bank account, the brand of your car, and the square footage of your home are directly proportionate to your value as an individual. This myth permeates through targeted advertising which equates consumer products with social status and through

cultural narratives that lionize the wealthy irrespective of their contributions to societal welfare.

2. The Misrepresentation of Enduring Happiness through Romanticization:

There exists a pervasive and deeply-rooted fallacy that life is fulfilled only through the discovery of a 'soulmate' or perfect romantic partner, as championed by countless works of fiction, cinema, and even musical ballads. The oversimplification present in this narrative is the suggestion that upon entering a relationship, an eternal state of bliss is achieved, undisturbed by the intricacies and challenges of genuine human interaction, financial pressures, emotional complexities, and psychological growth that every relationship is subject to.

3. The Fabrication of the Infallible 'Meritocracy' Concept:

Society promulgates the legend that we all operate within a meritocratic system where hard work and talent naturally lead to success, regardless of one's starting point in life. This story ignores systemic inequities, historical disenfranchisement, unequal access to education, and implicit biases that create an unbalanced playing field. It dismisses the impact of social capital, networking, and often the sheer luck or privilege into which an individual is born.

4. The Distortion of History as a Linear Path to a Better World:

This deception frames history as a smooth arc bending inexorably towards progress and a better society. This whitewashed version of history often found in textbooks and political rhetoric glosses over complexities, the cyclical nature of societal advances and setbacks, and the numerous instances where civilizations have regressed in terms of social justice, freedom, and technology.

5. The Perpetuation of the 'Complete Autonomy' Humbug:

Finally, society often propagates the falsehood that each individual is the absolute master of their fate, capable of boundless autonomy and self-made destiny, disregarding the myriad of external factors that shape each life. This narrative dismisses the roles of government policy, economic systems, societal norms, environmental factors, genetic predispositions, and random life events that significantly constrain individual agency.

In Life, What Holds The Highest Level Of Importance?

1. If you say peace, then why do people engage in illegitimate acts to make money at the expense of their peace?
2. If you say family, then why do people choose careers and adventure over their families?
3. If you say money, one health problem can make it disappear in a second.

4. If you say longevity, then why do this generation strive to be successful at the expense of living long?
5. If you say health, then why do people eat, drink, inhale and engage in activities they are aware can cost them their health?
6. If you say happiness, some live in pain and all they aim for is to escape death in each second which is valid.

Importance are deep wisdom of Quran and Hadiths of infallibles. Everybody aim for their top-list of priorities. So, I will say the most important thing in life depends on what's most important to you.

10 Things We Should Never Do In Life

1. Never wallow in self-pity
2. Never give up on your dreams
3. Never complain, rather take responsibility.
4. Never neglect your physical and mental health.
5. Never give people too much access to you. They won't rate you.
6. Never be judgmental towards other people's beliefs. You might have a wrong perception.
7. Never take risks that are likely to cost your life.
8. Never worry on the things that are beyond control.
9. Never invest in making everybody to like you. It's a waste of time.
10. Never allow people to constantly disrespect you.

What Is Your Philosophical Take On Life?

1. Get things done when you're still young with a lot of energy.
2. Time is wealth, never spend it on fruitless things.
3. Know when to say thank you and sorry.
4. Health is wealth. Never sacrifice it for anything else.
5. Life is beautiful and difficult. Keep positive mental strength and be prepared for the worse.
6. Figure out things that give you genuine happiness and spend your life doing them.
7. Don't live life because you want people to remember you, Live so you can be happy you came to the world in the first place.
8. Learn, laugh, and love.
9. Make every moment count, you never know which is the last.
10. Celebrate little progress, it motivates you to get your bigger goals.
11. Believe in your ability to do great things and give yourself massive support. The world doesn't support people with no confidence.
12. Don't be ashamed of your hustle, nobody is willing to give you free money.
13. Don't be judgmental, you may not even be correct about life.
14. Live without fear, or else you may end up miserable.
15. Live a life filled with little regrets.

About the Book: "Life Skills" is a unique volume delving into essential life principles and wisdom sourced from various outlets, including Quora Digest, "Tips for Success," and contributions from Noctis Enoch. Enriched by the guidance of ChatGPT, this compilation draws inspiration from Shia Islam, offering universal insights transcending cultural and religious boundaries. With an open invitation to readers from all backgrounds, "Life Skills" aims to empower individuals with timeless wisdom for a more fulfilling and purposeful life. Please note that the book has been curated with sensitivity, ensuring alignment with Islamic teachings and addressing any potential concerns.

About Author: S. Jahanzaib Abidi is a distinguished author known for his extensive collection of articles covering a wide range of subjects, including philosophy, religion, education, politics, economics, media, and society. His prolific writings showcase a deep understanding and insightful analysis across diverse topics, making him a notable figure in the realm of article series.

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